



## KEEPING TRACK

**President**

Jan Workinger H:755-1856 Jan.Workinger@hillmangroup.com

**VP-Membership**

Denise Tushingam H:637-7706 ddtushingam@embarqmail.com

**VP-Merchandise**

Dave Tushingam H: 637-7706 ddtushingam@embarqmail.com

**VP-Newsletter**

Wendy Petsch H-633-1298 kerry6@comcast.net

**VP-Race/Activities Development** Brett Pfeifer H: 292-7878

brettpfeifer@yahoo.com

**Treasurer**

Dave Tushingam H:637-7760 ddtushingam@embarqmail.com

**Secretary**

Amy Strayer cell:717-855-0406 strayamy@yca.k12.pa.us

**Membership Data Coord:** Robert Weikert H:755-1286 yorkrunner@comcast.net**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](http://yorkroadrunners.com) 

## YRRC NEWSLETTER # 198 AUGUST-SEPT 2008 PRESIDENT'S MESSAGE by Jan Workinger

Cardio versus strength training: Get the most out of your fitness routine **By Michael W. Rosen, M.D.**



In your quest for better fitness, you may have run into a question: What type of exercise do you need to do more often? Cardio is good for your heart, and you certainly want to keep your ticker happy. But, you've heard that strength training is important, too. So, you're wondering if most of your time should be spent in the weight room.

Experts would be quick to point out that this isn't an either/or question. In fact, current exercise guidelines suggest doing both: at least 30 minutes of moderate aerobic exercise five times weekly and a session of strength training twice a week.

Of course, for safety's sake, talk with your doctor before significantly increasing your level of physical activity. Also, tell your doctor about your

goals. Are you trying to lose weight, improve your health, lower your risk of certain diseases — or are you simply aiming for better overall fitness?

Your doctor can help you plan a fitness routine that keeps your goals in mind. Here are some of the benefits cardio and strength training offer:

### **Cardio**

Cardiovascular exercise, also called aerobic exercise, works your heart and lungs and helps you build endurance. Cardio also burns calories, which can help you maintain or lose weight.

Examples of cardio include brisk walking, running, swimming and bicycling.

### **Strength training**

Strength training makes muscles contract or move against significant resistance. This increases muscle mass, strengthens connective tissues and slows bone loss — benefits that become even more important the older you get.

And, muscles are greedy. They consume more calories than fat tissue does — even when you're not working out. So, the more muscle mass you have, the more calories you burn around the clock.

Examples of strength training include using free weights, weight machines and resistance bands or doing sit-ups and push-ups.

### **Go for the combo**

Instead of pitting cardio and strength training against one another, think of them as partners. Including both in your fitness routine can bring you the unique advantages each has to offer. Then, use your fitness goals to help you decide which type of exercise to emphasize.

The York Hospital/Wellspan is the sponsor the 2008 York Hospital Running Series. Dave Dill, Director, Rehab Medicine-York Hospital is the coordinator. If you have any questions, please contact Dave Dill at [ddill@wellspan.org](mailto:ddill@wellspan.org). It's not too late to sign up, three races are completed, and the next race is The Bon-Ton 5 Miler on August 3rd. Participants must register for each race separately. Registrations for individual races may be obtained at the series website, [www.yhrunningseries.com](http://www.yhrunningseries.com). Or, you can pick-up race applications at

Flying Feet or download a race application from the YRRC website [www.yorkroadrunners.com](http://www.yorkroadrunners.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:**

- Double Creek Half Marathon and 5k – June 14<sup>th</sup>
- York Habitat for Humanity's 5<sup>th</sup> Annual 5k Run/Walk – June 28<sup>th</sup>
- East Berlin 5k – July 19<sup>th</sup>
- The Bon-Ton 5 Miler and 1 Mile Run – August 3rd
- Shelly Miaki Memorial 5k – August 16<sup>th</sup>
- York Rail Trail 10 Miler – August 23rd
- York White Rose – November 8th

The 30<sup>th</sup> Annual Running of the Bon-Ton 5-Mile Race application is enclosed in the newsletter, or you can download a race application from the YRRC website at [www.yorkroadrunners.com](http://www.yorkroadrunners.com) Sign up early to make sure you get a Hi-Tech running shirt. This year the shirt will sport a new color and design in men's and ladies style. Volunteers are needed; please contact Jan Workinger at 755-1856, or [janworkinger@yahoo.com](mailto:janworkinger@yahoo.com).

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

The Country Run I slated for June 9<sup>th</sup> was postponed due to excessive heat & humidity and will rescheduled at a later date....most likely this Fall. I'll post more information in the next newsletter.

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

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 Miller 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 date for the 2008 Panther Invitational is finalized....September 15th (Monday) and a Rain date of September 22nd (Monday). Bob Weikert is once again "spear-heading" the event. If you would like to volunteer, please contact Bob at [yorkrunner@comcast.net](mailto:yorkrunner@comcast.net) or cell: 717-891-7985.

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 6:00pm and finish at 8:30pm. Below are the remaining YRRC meeting dates for 2008:

August 4th, Oct. 6th, and Dec. 1st.

**Note:** The August 4<sup>th</sup> meeting is at:

The Wellspan Center

915 Indian Rock Dam Road (corner of Indian Rock Dam Road and Richland Avenue)

York, PA 17403

Run safely....

Best Regards,  
Jan Workinger

**\*\*\*\*\*CLUB NEWS\*\*\*\*\*CLUB NEWS\*\*\*\*\*CLUB NEWS\*\*\*\*\***

**Please welcome the following new members:**

Laura Lutz, Shawn Gudack, Wendy Hollen, Holly Mayer and Family, Alyssa Skura, Steven Smith and Nicole Wilhite

**YRRC EXECUTIVE MEETING**  
**June 2008**

The Committee met at Wellspan/Indian Rock Dam Road facility. Attending were officers Jan Workinger, Dave Tushingham, Denise Tushingham, Andy Allison and Bob Weikert. Members at large Cathy Butler. Missing Committee Members were Amy Strayer, Tom Schaffstall, Brett Pfeiger and Wendy Petsch.

**Committee Reports:**

**Secretary:** Minutes from the April, 2008 meeting were approved.

**Treasurer:** Dave Tushingham reported the Balances as of May, 2008. He also discussed them with Cathy Butler who will be filing our 2007 club tax return.

**VP Membership:** Current membership is 361 as of 6/2/2008. Please remember to forward any change of address to the VP of Membership.

**Merchandise:** Andy Allison has volunteered to take over this position.

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

**Race Calendar:** Not available.

**Race Development:** Not available

**Winter Series:** None

**Old Business:**

**NONE**

**New Business:**

Cathy Butler, member will look into filing the YRRC 2007 tax return.

Tom Schaffstall, Race Calendar coordinator will be stepping down at the end of 2008.

There being no further business, the meeting was adjourned.

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

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**RACE CALENDAR – JULY 26, 2008 to DECEMBER, 2008**

Contact Tom and Rosa Schaffstall ( [tschaffstall@aol.com](mailto:tschaffstall@aol.com) ) for your race to be included in the next newsletter

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

**JULY 26 . . .**

- 26 **Johnson & Johnson Listerine 5 Miler**, 8:15am, Lititz, PA, 717 627-9473 or [dconaway@conus.jnj.com](mailto:dconaway@conus.jnj.com)
- 26 **Meelard Shuffle 5k / 4<sup>th</sup> Jan Millard Memorial 5K Cross Country Race**, 9am, Elverson, PA, [robertlhamm@hotmail.com](mailto:robertlhamm@hotmail.com)
- 26 **Lebanon Area Fair 5K**, 9am, Lebanon, PA, Lebanon Valley Expo Center & Fairgrounds, George Youngs, 717 273-1760 or [youngs67@comcast.net](mailto:youngs67@comcast.net)
- 26 **South Middleton Township 5K**, 8am, Boiling Spring, PA, South Middleton Park, 717 258-4441 or [www.smiddleton.com](http://www.smiddleton.com)
- 27 **1<sup>st</sup> South Wilkes-Barre 10K**, report to Kirby Park, Wilkes-Barre, PA, Vince Wojnar, 570 474-5363 or [wyoalstr@aol.com](mailto:wyoalstr@aol.com)
- 27 **3<sup>rd</sup> Marsh Creek Raptor Runs (5 Mile and 10 Mile Trail Races)**, 9am, Marsh Creek State Park, Downingtown, PA, Ron Horn, 610 779-2668m [rhornpcs@aol.com](mailto:rhornpcs@aol.com), or [www.marshcreekrun.org](http://www.marshcreekrun.org)

**AUGUST, 2008**

- 1 **The Green Mile Run/Walk**, 7pm, Wheeling, WV, Ron Green, 740 859-0704 or [www.debbiegreen5K.com](http://www.debbiegreen5K.com)
- 2 **Debbie Green 5K Run for Leukemia**,

- 2 Fredricksen Libraty Loop 5K, 8am, Camp Hill, PA, Cindy Smolinski, 717 761-3900 x234
- 2 5K Cousler Park Summer Running Series #3 (last one), 8:30am, Christian School of York, Greenbrier Road, York, PA, 717 817-2299 or [www.csyonline.com](http://www.csyonline.com)
- 3 30<sup>th</sup> Bon-Ton 5 Miler, 7:50am (Fun Run, 7:25am), York Galleria, York, PA, Jan Workinger, 717 755-1856 (h), or [jan.workinger@hillmangroup.com](mailto:jan.workinger@hillmangroup.com) Note: 4<sup>th</sup> in the York Hospital Running Series
- 3 31<sup>st</sup> Grings Mill 5K / 10K, 9am, Grings Mill Park, near Penn State Berks Campus, Reading, PA, Jason Manbeck, 610 413-7822 or [gringsmillrun@gmail.com](mailto:gringsmillrun@gmail.com)
- TBA 25<sup>th</sup> Market Street Mile, 6pm, YMCA of York, York, PA, Karen Ruppert, 717 843-7884 or 292- 5622 or [kruppert@yorkcountyyymca.org](mailto:kruppert@yorkcountyyymca.org)
- 7 Twilight Series #6, 7pm, Runnymede 8K, Runnymede Elementary School, Westminster, MD, David Herlocker, 410 848-8332 or [dherlock@mcdaniel.edu](mailto:dherlock@mcdaniel.edu) RACE DAY ENTRY ONLY
- 9 Ox Trot 5 Miler, 8am, Bowmansville, PA, Brent Watkins, 717 351-0403, or [coachwatkins2003@hotmail.com](mailto:coachwatkins2003@hotmail.com) or [www.active.com](http://www.active.com)
- 9 2<sup>nd</sup> Blue Stampede, 9am, Lower Allen Park, New Cumberland, PA, [application@ccxc5k.com](mailto:application@ccxc5k.com)
- 9 6<sup>th</sup> Senators Family Fun Run, 9:30am, City Island, Harrisburg, PA, J. Wagner, 800 336-0301 or [JWagner@efwp.org](mailto:JWagner@efwp.org)
- 9 Memorial Hospital Hospice 5K, 8am, Northeast Bradford H. S., Rome, PA, 1-800-757-1764 or 570 265-4877
- 9 The Evening Sun Adventure Race of Hanover YMCA, 8:30am, Hanover, PA, 717 632-8211 or [www.HanoverYMCA.org](http://www.HanoverYMCA.org)
- 9 25<sup>th</sup> Old New Castle 5 Miler, 8:30am, Van Dyke Armory, New Castle, DE, 302 322-6040, [www.TriSportsEvents.com](http://www.TriSportsEvents.com)
- 10 Harrisburg Triathlon / Duathlon, 7am, City Island in Harrisburg, PA, Chad at 717 991-9102 or [chad.krebs@ymcaharrisburg.org](mailto:chad.krebs@ymcaharrisburg.org), [www.active.com](http://www.active.com)
- 16 9<sup>th</sup> Shelley Mialki Memorial 5K, 8am, Sunset Lane Park, York, PA, Tom Shepp, 717 792-3214 or [westyorkdog@aol.com](mailto:westyorkdog@aol.com), Tim Potts, 717 792-9307 Note: 5<sup>th</sup> in the York Hospital Running Series
- 17 13<sup>th</sup> "Half Wit Half" Marathon, 9am, Reading, PA, Ron Horn, 610 779-2668, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com) , Pretzel City Sports

- 17 Kowomu Trail 5K, 8am, Rinehart Road, Westminster, MD, David Herlocker, 410 848-8332 or [dherlock@mcdaniel.edu](mailto:dherlock@mcdaniel.edu) RACE DAY ENTRY ONLY
- 17 5<sup>th</sup> St. Mauro's Festival 5K Run for the Cannoli, 3pm, Our Lady of Grace Church, Hazelton, PA, 570 401-8168 or [dlmo@ptd.net](mailto:dlmo@ptd.net)
- 23 10<sup>th</sup> York Rail Trail 10 Miler, 8am, York, PA, Chris Young, 717 495-4019 or [cyoung1991@hotmail.com](mailto:cyoung1991@hotmail.com), Note: 6<sup>th</sup> in the York Hospital Running Series
- 23 Tomato Festival 5K, 11am, Pittston, PA, Jerry Mullarkey at 570 654-4601
- 23 Chris & Kevin Truskey Memorial 10K, 10am, Tuscarora State Park, Tamaqua, PA, 570 386-2922
- 24 RUN 4 SAM 4 Miler, 10am, Gring's Mill, Reading, PA, Peggy Reed, 610 698-6165 or [email@run4sam.net](mailto:email@run4sam.net)
- 24 Chris Thater Memorial 5K, 9:30am, Recreation Park, Binghamton, NY, [www.RunReg.com](http://www.RunReg.com) or [bestopdwi@co.broome.ny.us](mailto:bestopdwi@co.broome.ny.us)
- 24 Pump & 5K Run, 9am, PSU, W-B Campus, Lehman, PA, 570 675-9278
- 30 7<sup>th</sup> Camp Mt. Luther Dandelion 5K/10K Trail Runs, Camp Mt. Luther, Mifflinburg, PA, [www.midpenntailblazers.com](http://www.midpenntailblazers.com)
- 31 Virginia Beach Half Marathon, TBA, Virginia Beach, VA, [www.mrvb.com](http://www.mrvb.com)

### **SEPTEMBER, 2008**

- 1 7<sup>th</sup> Run for Your Heart 5K, 9am, Williamsport Hospital Medical Office Building, Williamsport, PA, 570 322-5373
- 6 The Pet Supplies Plus Doggie Dash & Walk, Nolde Forest, Reading, PA, [www.makebreak.com](http://www.makebreak.com)
- 6 5 Mile Trail Run, 9am, Ridley Creek State Park, Media, PA, 866-338-5167
- 6 Wascally Wabbit Twail Wun 5 Mile Adventure Run, 9am, Ridley Creek State Park, Gradyville, PA, 866 338-5167 or [info@goalsara.org](mailto:info@goalsara.org)
- 7 12<sup>th</sup> HydroWorx Half Marathon, 8am, City Island, Harrisburg, PA, contact Chad at 717 991-9102 or [chad.krebs@ymcaharrisburg.org](mailto:chad.krebs@ymcaharrisburg.org), [www.active.com](http://www.active.com)
- 7 Rail-Trail Half-Marathon, 9am, Forest City, PA, 570 785-7245
- 13 Trails for Tails 50 Miler, 7am, Hanover, PA, [www.sprrr.fwsl.com](http://www.sprrr.fwsl.com)
- 13 3<sup>rd</sup> Health and Wellness Center 5K, 10am, Hazelton, PA, 570 501-6953
- 13 Race for the Cure 5K, 8:30am, Scranton, PA, 570 563-2317



- 13 4<sup>th</sup> Catholic Charities Shelter Shuffle 5K, 9am, Harrisburg State Hospital, Cameron Street, Harrisburg, PA, [JHeycock@hbgdiocese.org](mailto:JHeycock@hbgdiocese.org)
- 14 Make Your Mark 5K, 8am, Tyler State Park, Rt. 332, Richboro, PA, [www.MAFfoundation.org](http://www.MAFfoundation.org)
- 20 Septemberfest 5K, 9am, Spring Grove, PA, Kate Werntz, 717 225-9733 or [sgacrec@hotmail.com](mailto:sgacrec@hotmail.com)
- 20 8<sup>th</sup> Sutliff Hummer Capital City Adventure Challenge, 8am, City Island, Harrisburg, PA, (teams of 3 run, mountain bike, and canoe), contact Chad at 717 991-9102 or [chad.krebs@ymcaharrisburg.org](mailto:chad.krebs@ymcaharrisburg.org), [www.active.com](http://www.active.com)
- 20 Education First 5K Trail Challenge, 9am, Heritage Rail Trail Downtown York, (Lafayette Plaza downtown), John Brenneman, cell # 717 659-7587 or home # 717 840-0254 or [johnbrenneman1@comcast.net](mailto:johnbrenneman1@comcast.net)
- 20 31<sup>st</sup> Pretzel Twist 5 Miler, 8:30am, Lititz Rec Center, Lititz, PA, Meg Abele, 717 626-5096 x236 or [meg@lititzrec.com](mailto:meg@lititzrec.com)
- 20 James C. Burns III Memorial 5K, 9am, Milford, PA, 609 915-6944
- 21 ING Philadelphia Distance Run: The Classic Half-Marathon, Philadelphia, PA, 800-311-1255 or [www.INGphiladelphiaadistancerun.com](http://www.INGphiladelphiaadistancerun.com)
- 27 Springettsbury 5K – “SATURDAY IN THE PARK”, 10:30am, York, PA, David Wendel, Twp. Pks. & Rec., [dwendel@Springettsbury.com](mailto:dwendel@Springettsbury.com) 717 505-0406
- 27 9<sup>th</sup> Southern Branch YMCA Sprint Triathlon, 8am, Shrewsbury, PA, R. Shinnick, 717 235-0446 x31 or [rshinnick@comcast.net](mailto:rshinnick@comcast.net) Note: NO RACE DAY ENTRY
- 27 Oktoberthon 5K, 9am, Cassville, PA, Cassville Community Building, 814 448-3230
- 28 Great Race 10K, 9:30am, 5K at 8:30am, Pittsburg, PA, [www.RunGreatRace.com](http://www.RunGreatRace.com)

### **OCTOBER, 2008**

- 4 Hands on House Half Marathon / 5K, 9am, Landis Valley Farm Museum, Lancaster, PA, 717 391-9722
- 5 24<sup>th</sup> Army 10 Miler, Washington, D. C., [www.armytenmiler.com](http://www.armytenmiler.com)
- 5 Lupus Loop 5K, 11am, Nay Aug Park, Scranton, PA, 1-888- 92LUPUS
- 5 Delaware Distance Classic 15K, 8:30am, Wilmington, DE, 302 798-4179 or [www.pcvrrc.com](http://www.pcvrrc.com)

- 11 2<sup>nd</sup> Nun Run 5K, 9am, Newark, DE, Duke Doblack, 302 368-5886 or [devnewark@littlesistersorthepoor.org](mailto:devnewark@littlesistersorthepoor.org)
- 11 9<sup>th</sup> Tussey Mountainback 50 Mile Relay and Ultra, 7am, Rothrock State Forest, deadline 9-27-08, 814 238-5918 or [www.tusseymountainback.com](http://www.tusseymountainback.com)
- 11 Under Armour Baltimore Marathon, Half Marathon, 4 Person Relay, and 5K, Baltimore, MD, [www.TheBaltimoreMarathon.com](http://www.TheBaltimoreMarathon.com)
- 11 5th Dr. Segro Memorial 5K, 9am, Red Lion, PA, RLASD Junior High, Katie Grenewalt, 717586-6396, [grenewaltk@rlasd.k12.pa.us](mailto:grenewaltk@rlasd.k12.pa.us)
- 11 The Inaugural Western Maryland Half Marathon, 8am, Western Maryland Rail Trail, Hancock, MD, to register on line go to, [http://www.active.com/event.detail.cfm?event\\_id=1570962](http://www.active.com/event.detail.cfm?event_id=1570962)
- 11 Senento Gardens 10K/5K, 9am, Hazelton, PA, 570 501-3688
- 11 Woman's Distance Festival 5K, 10am, Rose Tree State Park, Media, PA, 610 891-0806 or [amy@amyink.com](mailto:amy@amyink.com)
- 12 Chicago Marathon
- 12 13<sup>th</sup> Steamtown Marathon, 8am, 570 963-6363 or [www.steamtownmarathon.com](http://www.steamtownmarathon.com)
- 18 Covered Bridge Classic 5K / 10 Miler, 9:30am, Atglen, PA, 610 593-6538
- 18 The "Frosty Kerny" 10K, 9am, Hamburg Community Park, Hamburg, PA, Pat Adams, 610562-7909, [info.bluemountainwildlife.com](mailto:info.bluemountainwildlife.com)
- 18 King's Fall 5K, 10am, Kirby Park, Wilkes-Barre, PA, 570 208-5900
- 19 Hanover Hills of Horror Half Marathon, 9am, Hanover, PA, Codorus State Park, Jim Roller, 717 632-1433 or [www.sprrr.fwsl.com](http://www.sprrr.fwsl.com)
- 19 5<sup>th</sup> Dam Half 13 Mile Trail Run, R.B. Winter State Park, Mifflinburg, PA, [www.midpenntailblazers.com](http://www.midpenntailblazers.com)
- 19 Lupus Loop 5K, 11am, Kirby Park, Wilkes-Barre, PA, 570 558-2008
- 25 Seaside 10 Miler / 5K, 9am, Inlet Lot, Ocean City, MD, [www.ococean.com](http://www.ococean.com)
- 25 Stoudt's Brewing Classic 12K, 10am, Adamstown, PA, Stoudt's Brewing Co/Restaurant, 717 330-9357
- 26 24<sup>th</sup> Partners in the Park 5K, 2pm, Rocky Ridge County Park, York, PA, Hal Darr, 717 741-3693
- 26 21<sup>st</sup> Spring Trail 5.5 Miler, 1pm, Frances Slocum State Park, Kingston Twp., PA, Vince Wojnar, 570 474-5363 or [wyovalstr@aol.com](mailto:wyovalstr@aol.com)
- 26 Radnor 5 Miler, 8:30am, 610 941-9595 or [www.lunginfo.org/radnorrn](http://www.lunginfo.org/radnorrn)

26 Marine Corps Marathon, Arlington, VA, 703 432-1165,  
[www.marinemarathon.com](http://www.marinemarathon.com)

**NOVEMBER, 2008**

- 2 NYC Marathon  
2 25<sup>th</sup> Nittany Valley Half-Marathon, 10am, University Park, PA,  
8 32<sup>nd</sup> York White Rose 5 Miler, 8:30am, York, PA, Clay Shaw, 717 764-  
1181 or [sports35\\_photography@yahoo.com](mailto:sports35_photography@yahoo.com) , Note: 7<sup>th</sup> (last) in York  
Hospital Running Series  
9 36<sup>th</sup> Harrisburg Marathon & 4 Person Relay, 8:30am, Harrisburg, PA,  
City Island, Joanne Caulfield, [joannec7@msn.com](mailto:joannec7@msn.com)  
18 Turkey Trot 5K, 1:30pm, Millersville, PA, Penn Manor High  
School, 717 872-4627  
22 Carlisle Turkey Trot 5K/10K, 9am, Carlisle, PA, Peg Owen, 717 243-  
2525 or [Peglacko@wmconnect.com](mailto:Peglacko@wmconnect.com)  
23 Philadelphia Marathon, Half-Marathon, and Rothman 8K,  
Philadelphia, PA, 215 683-2060 or  
[www.philadelphiamarathon.com](http://www.philadelphiamarathon.com)  
27 YMCA Turkey Trot 5K, 9am, York, PA, York and York County  
YMCA, Karen Ruppert, 717 843-7884 x263 or 292-5622 or  
[kruppert@yorkcoymca.org](mailto:kruppert@yorkcoymca.org)  
27 99<sup>th</sup> "Run for the Diamonds" 9 Miler, 10:30am, Berwick, PA  
27 Turkey Trot 5 Miler, Memorial Hall in West Fairmont Park,  
Philadelphia, PA, [runadvte@rcn.com](mailto:runadvte@rcn.com)  
27 Atlanta Marathon – 7:30, Half at 7am, [www.atlantatrackclub.org](http://www.atlantatrackclub.org)  
29 Habitat 5K, Quakertown, PA, 267 374-1631

**DECEMBER, 2008**

- ? Jingle Bell Run for Arthritis 5K, 10am, Harrisburg, PA, Kelly, 717 763-  
0900 or [harrisburgjbr.kintera.org](http://harrisburgjbr.kintera.org)  
? Jingle Bell Run for Arthritis 5K, 1pm, Lancaster, PA, Granite Run  
Industrial Park, 717 397-6721  
31 Double Deuce 2 Miler, 11:45pm, Red Lion, PA, Ray Ricke, 717 755-  
6199 or Bob Breighner, 717 244-6865 or [rickebroauto@yahoo.com](mailto:rickebroauto@yahoo.com)

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## **2008 COUSLER PARK SUMMER RUNNING SERIES – 5K**

The Christian School of York (CSY) will be sponsoring the "5K Cousler Park Summer Running Series" with three races this summer. The races will be held on June 7, July 5, and August 2 beginning at 8:30 AM. The racecourse will begin and end in the school parking lot and the course is relatively flat (no hills, several short inclines). The entry fee for the race is \$18 (pre registration) and \$22 (race day registration). Pre registration entries shall be accepted up until the Wednesday before race day. There will be prizes for the overall male and female winners and the overall senior (50 or older) male and female winners. The racecourse will be marked at the one-mile mark and the two-mile mark. Food (bagels, fruit, etc.) will be provided after the race. Proceeds will benefit the CSY Spanish Club.

## 2008 COUSLER PARK SUMMER RUNNING SERIES – 5K

Three Races: June 07, July 05, August 02



**DATE: June 07, 2008**

**TIME: 8:30 AM**

**PLACE: Christian School of York  
907 Greenbriar Road  
York, Pennsylvania 17404**



The race will begin and end in the Christian School of York parking lot. The majority of the 5K race will be run through Cousler Park (also known as Foustown) on a relatively flat (wheel measured) course - (some inclines; no hills). The proceeds of the event will go to the Christian School of York. Prizes will be awarded to the male and female winners in three categories: Under 25, 25 to 49, and Over 50. In addition, there will be a drawing after the third race for those individuals who participated in at least two of the races: Prizes include 4 Box Seats to the Orioles.

Race registration begins at 7:30 AM at the Christian School of York. Directions to the School: I83 to York, Route 30 West to right on Roosevelt Avenue (Denny's on the corner), right on Roosevelt, school is on the left – approximately 1 mile.

Food and drinks will be provided after the race. There will be one water stop on the course. Timers will be located at the one mile mark and the two mile mark. Please, no strollers or wheelchairs.

Registration: BEFORE May 31 - \$18      AFTER May 31 - \$23

Check out our website for registration forms and other information: [www.csyonline.com](http://www.csyonline.com)  
Any questions, please contact Kristyn Burns @ 717-817-2299 or Bruce Burns @ 717-487-6091

---

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Address:**

\_\_\_\_\_

\_\_\_\_\_

**Age (As of June 01<sup>st</sup>):** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_ **Gender:** M or F

**Home Phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Contact (In Case of Emergency):**

\_\_\_\_\_

**WAIVER (MUST BE SIGNED):**

I, for myself and my heirs, hereby waive all claims against the Christian School of York, Manchester Township, Manchester Township Police and Fire Department, York County, the race director, all volunteers, helpers, and sponsors from any injury or liability I might suffer in this event. I recognize that running a 5K race is a potentially hazardous activity. I acknowledge that there are hazards associated with this race including but not limited to weather, heat, humidity, other participants, rough ground conditions, traffic (a portion of the race will be on public roads), and other unforeseen conditions. I attest that I am physically fit and prepared for this event. I acknowledge that I have read this waiver and that I understand the risks associated with the event. I assume all risks associated with the event. I grant full permission for organizers and sponsors to use my name and/or pictures for legitimate accounts and promotions of this event.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Parent or Guardian if under 18)

Make checks payable to: Christian School of York and mail to 907 Greenbriar Road, York, Pennsylvania 17404

# 10<sup>th</sup> Annual York Rail Trail 10 Mile

Part of the York Hospital Summer Running Series

Saturday August 23, 2008 8:00 AM

www.yhrunningseries.com

Benefiting The ARC of York County, and the York County Rail Trail

## Authority

The race starts at the Seven Valleys Fire hall and runs 10 gentle downhill miles *one-way* north along the scenic York County Heritage rail Trail, passing through the oldest operational train tunnel in the nation, finishing on the Rail Trail near Princess Street.

Body, Mind & Spirit



Massage Therapy

Thai Massage  
Hot Rock Therapy  
Sports  
Energy Work  
Reflexology

Aromatherapy  
Corporate (Seated)  
Pregnancy  
Out Calls  
Joint Mobilization

FLEET  
TECHNOLOGIES  
INC.



Parking is available in Seven Valleys, but runners will need to arrange to get back to their cars after the race. Transportation will be made available from the finish area to the start area before the race only!! Anyone wishing to use this transportation that will leave at 7AM Sharp needs to pre-register by August 9<sup>th</sup> to reserve a spot on the bus. Any transportation request received after Aug 9<sup>th</sup> will not be guaranteed a spot on the bus.

Registration costs are \$20 if received by Aug 9<sup>th</sup>, and \$25 after Aug 11<sup>th</sup> up to race day. Registration includes a Brooks Podium short-sleeve technical running shirt. Shirts are guaranteed to the first 200 entrants. Race day registration will open at 7Am at the Seven Valleys Fire Hall. Checks can be made payable to: York 10 Mile. Entries should be mailed to York 10 Mile, 1281 West Poplar St. York, Pa 17404.

Packet pickup will be available Friday Aug 22 at Flying Feet Sport Shoes, 1511 Mount Rose Ave, York **AFTER 3PM**. There will be no walk up registration on Friday. Race day pickup will be available at the bus departure for bus riders and at the start area for non- bus riders.

Entries should be mailed to York 10 Mile, 1281 West Poplar St. York, Pa 17404.

**Directions:** To the Finish: From the north, follow I83 take exit 22 George St. follow George St south 2 miles to Princess St. Turn Right on Princess, follow 2 blocks to parking, finish 3 blocks on the left. From the South, follow I83 to exit 15 S George St. Follow George St. 3 miles to Princess. Turn left on Princess follow above. To the start: from 83 take exit 10 Loganville. Go west on North St Rt. 216. At stop sign turn right, North, on Main St. Follow for 1.2 miles. Turn left on Valley Rd and follow 4 miles into Seven Valleys. At T-intersection, turn right, fire hall parking 1 block on right.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M /

F Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_ Date

Of Birth \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Shirt: S

M L XL

Bus Transportation before the race from the finish to the start required? Yes or No Not answering means no!!!!

I realize that there is risk involved with any physical activity. In consideration of such, I agree to assume all responsibility of risk and hereby for myself and anyone associated with me release and discharge the USATF, the York road Runners, York County Parks, York Hospital and Wellspan, and any and all persons associated with the York Rail Trail 10 mile from all claims, damages and rights of action, present or future.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Official use : Date received \_\_\_\_\_ Age Category \_\_\_\_\_ Race

Number \_\_\_\_\_



# **Bob Potts Heritage Rail Trail Marathon**

**York, PA - May 31, 2009**  
**Grumbacher Center @ York College and the  
Heritage Rail Trail**

A New Tradition in York, PA!



Bob Potts was one of the founding members of the York Road Runners Club. His accomplishments included over 30 marathons, including New York and Boston. Bob passed away over a year ago while participating in a triathlon.

Bob was well-respected in the running community, and we want his name to live on! Please help keep Bob's name alive, while supporting the Bob Potts Scholarship Fund and the Heritage Rail Trail. The scholarship will be awarded to a cross-country runner in York County.

**If you would like more information on this 2009 marathon in York,  
PA, email Sean Potts at  
[bobpottsmarathon@yahoo.com](mailto:bobpottsmarathon@yahoo.com)  
and visit our website at  
<http://www.bobpottsmarathon.com>**



**Central York High School  
Athletic Booster Club**

May 27, 2008

Dear White Rose Event Sponsor,

Enclosed is a photograph of the winners of the event you sponsored in this year's **White Rose Invitational Track & Field Meet**.

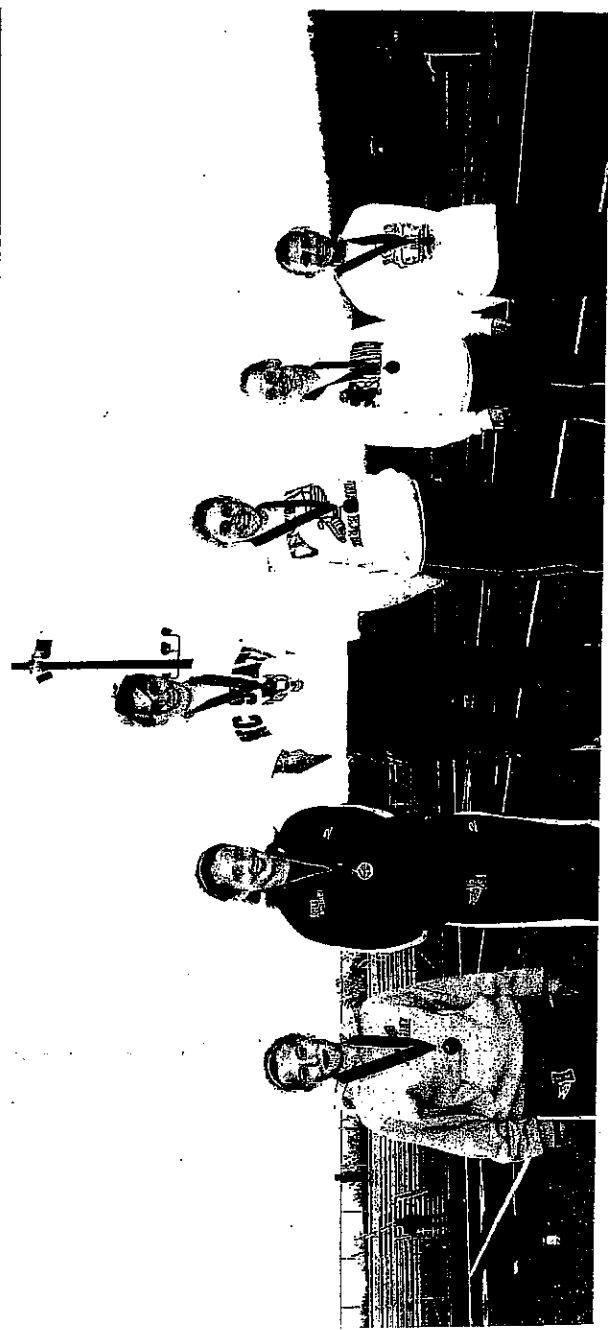
Thank you for being a part of this fine event. Your financial support allowed us to award medals to the top six finishers in each event, and will continue to support the on-going programs of the Central York High School Athletic Booster Club.

Over 1,000 athletes from 26 area high schools participated in the 2008 invitational. This year's turn-out was one of the largest ever, and a very successful event was well received by the athletes, coaches, and fans. We are all looking forward to next year's White Rose Invitational - scheduled for April 4, 2009.

Thanks again, and we hope you will continue to support us in the future!

The White Rose Invitational Committee

Enclosure(s)



# THE BON-TON

## 30TH ANNUAL RUNNING 5 MILE RACE

August 3, 2008 • 7:50 A.M.

(1 Mile Fun-Run at 7:25 A.M.)

8 Galleria Mall • York, PA 17402

BENEFITTING

 **Olivia's House**  
a grief and loss center for children

### THE COURSE

The race begins at the York Galleria Mall in East York, Pennsylvania. The course is a rolling hill out and back loop and finishes in front of The Bon Ton North Entrance lower level.

USATF certification No. PA\_04010\_WB

All miles are marked and splits will be provided at each mile. Water is available at the mid-point and end of the race. Post-race refreshments available immediately when you finish.

#### 1 Mile Fun Run (Starts at 7:25 a.m.):

Accurately measured, open to everyone. No age limits. An easy loop course around the York Galleria Mall. \$2 entry fee or \$7 with an official race T-shirt. Children 10 and under free (\$5 with shirt).

#### 5 Mile Race (Starts at 7:50 a.m.):

Entry fees are non-refundable. Make checks payable to York Road Runners Club by July 11, 2008: \$18 with T-shirt, \$13 without T-shirt. After July 11, 2008: \$23 with T-Shirt, \$18 without T-shirt.

Race packets available race day morning only from 6:00 a.m. to 7:15 a.m. at The Bon Ton North Entrance, Lower Level Parking Lot, York Galleria Mall.

Race day registrants are not guaranteed a T-shirt.

### AWARDS CEREMONY WILL TAKE PLACE AT 9:30 A.M.

#### 5 Mile Awards:

Awards to the top three finishers – Men and Women

#### Master's Awards:

Master's Awards given to the top two runners age 40 and over – Men and Women

#### Age Group Awards:

Age Group Awards given in the following groups excluding top 3 men and women:

MEN & WOMEN: 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), 70–79 (2), 80+ (1)

#### Random Awards:

A random awards drawing will be conducted after the race (approximately 9:00 a.m.). Runners must be present and must have their race number to claim random awards.

Our big random drawing is a four-pack of tickets to Busch Gardens, VA, OR to Water Country in Williamsburg, VA. Must be 21 or older to win. Runners must be present and must have their race number to claim the door prize. No prize substitution.

### RESULTS

Complete results will be posted on York Road Runners Club website [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

### PARKING

Free parking is available at the York Galleria Mall.

### REFRESHMENTS

Post-race refreshments will be provided by Giant, Turkey Hill, Big Apple Bagel, Culligan Water, Utz, Stauffer Biscuit and Michelob Ultra.

#### Race Director:

Jan Workinger  
717-755-1856

[janworkinger@yahoo.com](mailto:janworkinger@yahoo.com)



CO-SPONSORS:



Please thank our sponsors for their generosity. We ask that you patronize their businesses whenever possible. Without their support, the Bon-Ton 5 Mile Race could not continue.



### ENTRY FORM FOR 2008 BON-TON RACE/FUN-RUN

Mail this form and make checks payable to: York Road Runners Club, 3744 Long Point Drive, York, PA 17402

In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive and release any claims, including death, against the Bon-Ton Stores, its officers, sponsors, The York Galleria, Brewery Products, The York Road Runners, York Hospital, and Springettsbury Township. I realize that running a race in hot and humid conditions could prove hazardous to my health. I certify that I am physically fit for this event. The Race Director reserves the right to reject any entry.

Signature \_\_\_\_\_ Date \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex M/F \_\_\_\_\_

Telephone \_\_\_\_\_ Birth Date \_\_\_\_\_

#### REGISTRATION INFO

Check the following:

1 Mile Fun-Run \$ \_\_\_\_\_

5 Mile Race \$ \_\_\_\_\_

Circle Shirt Size: Hi-Tech (Dri-Fit)

S M L XL None

Official Use Only

|        |       |
|--------|-------|
| Number | Class |
|        |       |

run bike run                      **8th Annual GINO'S RACE**                      run bike run  
**DUATHLON TO BENEFIT THE ALS ASSOCIATION (Lou Gehrig's disease)**

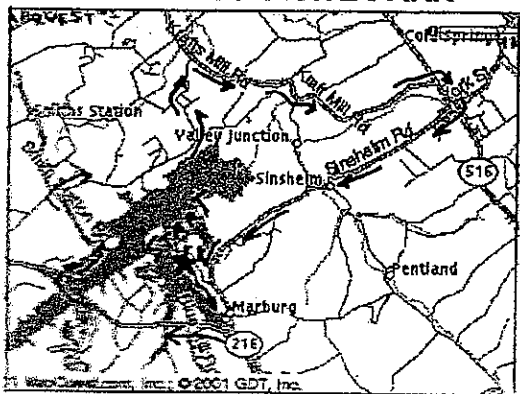
**9am, Sunday, September 7, 2008**  
**CODORUS STATE PARK, HANOVER, PA**

**ONLINE REGISTRATION POWERED BY ACTIVE.COM**

- COURSE:** 2 mile run (mostly flat), 14 mile bike, around Lake Marburg & thru the town of Jefferson, (mostly **not** flat), 2 mile run, same as the first run
- FEES:** Individuals: Pre-registered (postmarked by 02 Sept)-\$25 Race day-\$35  
Relays: Pre-registered (postmarked by 02 Sept)-\$45 Race day-\$60  
**RACE DAY REGISTRATION OPENS 7:30AM NEAR TRANSITION AREA**
- AWARDS:** Individuals: Overall top 3 male & female, and top 3 in each age group  
Relays: Top 3 overall in each category: both male, both female, & mixed
- AGE GROUPS:** Same for male & female, 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, (Individuals) 50-54, 55-59, 60-64, 65 & over.
- 2 PERSON RELAY:** 1 team member will ride bike and the other will run both legs of 2M run. There are 3 categories for relays: Male/Male, Female/Female, and Male/Female. There are no age groups for relays
- LOCATION:** Race staging area is adjacent to the Codorus State Park Band Shell (Amphitheater). The Band Shell is located in the park off Sinsheim Rd. approximately ½ mile North of US Rt. 216. US Rt. 216 (East & West) is the main highway through the park.
- ADDTL. INFO:** Contact Jon Sprenkle by e-mail at [thesprenkles@comcast.net](mailto:thesprenkles@comcast.net) or telephone (717) 792-3928, or Rod Young by e-mail at [ryoung7054@yahoo.com](mailto:ryoung7054@yahoo.com) or telephone (717) 225-5257.
- MAIL ENTRY TO:** Jon Sprenkle  
4420 Wolf's Church Rd.  
York, PA 17408

**Make Check Payable To: GINO'S RACE**

**CODORUS STATE PARK**



**BIKE COURSE:** Exit the parking area on the Park Service Road. Turn right onto Sinsheim Rd. Turn right onto Blooming Grove Rd (US Rt. 216 West). Turn right onto Smith Station Rd. Turn right onto Hoff Rd. Turn left onto Marburg Rd. Turn right onto Porters Rd. Porters Rd will become Kraft's Mill Rd. Turn right onto US Rt. 516 South.. Go ¼ around the square (circle) in the village of Jefferson and travel west on Hanover St. Hanover St. will become Sinsheim Rd. Turn right onto Park Service Road and return into parking area.

*All proceeds from this event are being donated to the ALS Association, Greater Philadelphia Chapter in memory of Gene Gladfelter. Helmets are mandatory. Random awards will be given out after the race & prior to the awards ceremony*

Visit our website at: [www.eteamz.active.com/ginosrace](http://www.eteamz.active.com/ginosrace)

# RACE REGISTRATION

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-mail Address \_\_\_\_\_

Age on race day \_\_\_\_\_ Sex: M F T-Shirt Size: \_\_\_ Med \_\_\_ Large \_\_\_ X-L

Relay Entries (check appropriate category) \_\_\_ Male/Male \_\_\_ Male/Female \_\_\_ Female/Female

Name of Teammate \_\_\_\_\_ shirt size \_\_\_\_\_

Team Name (optional) \_\_\_\_\_

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge all associated sponsors and organizers of all claims and damages, demands, actions whatsoever in any manner arising out of my participation in Gino's Race. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I have fully read and understood the race application, rules and information and will abide by all rules therein.

Signature (Parent's if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Teammate Signature (Parent's if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**FUND RAISING**

Give Them A Reason For Hope. Get Involved.

| Sponsor Name | Pledge |
|--------------|--------|
|              |        |
|              |        |
|              |        |
|              |        |
|              |        |
|              |        |

Total Pledge \_\_\_\_\_

Adventure Cycling & Fitness, 4370 W. Market St., York, PA 17408 will provide gift certificates to the 3 highest fund raisers. Gift certificate values will be \$75, \$50, & \$25.

Everyone is eligible to win the fund raising awards, not just race participants.

Use this form (be sure to include your name & address) and mail your collected donations to:

**The ALS Association**  
 Greater Philadelphia Chapter c/o Gino's Race  
 321 Norristown Rd. Suite 260  
 Ambler, PA 19002

The ALS Chapter will determine the 3 winners by the money they receive through 31 October 2008.

Visit our website at: [www.eteamz.active.com/ginosrace](http://www.eteamz.active.com/ginosrace)



Greater Philadelphia Chapter

**ENTRY FEES**

**Individuals**  
 Pre-Registered \$25  
Postmarked By 02 Sept  
 Race Day \$35

**Relays**  
 Pre-Registered \$45  
Postmarked By 02 Sept  
 Race Day \$60

Make Checks Payable To:  
**Gino's Race**  
 Mail To:  
**Jon Sprenkle**  
**4420 Wolf's Church Rd**  
**York, PA 17408**

Enclosed is my tax- deductible contribution.

**Please make checks payable to:**

**The ALS Association**

**Please return to:**

**The ALS Association**  
 Greater Philadelphia Chapter  
 c/o Gino's Race  
 321 Norristown Rd.  
 Suite 260  
 Ambler, PA 19002

1(877) 434-7441

[www.alsphiladelphia.org](http://www.alsphiladelphia.org)

# The Education First 5k Trail Challenge

**Who:** All race runners, walkers, school faculty, staff, families, parents

**What:** 5 K & 1 mile (race or walk)

**When:** September 20, 2008

8:40 Fun Run

9:00 5k

**Cost:** \$ 15.00 (\$19.00 late registration)

**Where:** On Rail Trail downtown York at West Princess

**Registration:** All preregistered athletes will receive an event shirt

*All Participants Receive an Award!*



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\_\_\_\_\_ch and send or RSVP by email \_\_\_\_\_

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## Registration Information

(Same day registration begins at 7:30 and ends at 8:30 and is located on the Rail Trail at the West Princess Street crossing)

Name : \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

- I will be participating in the Fun Run
- I will be participating in the 5K
- I will be there for both events!

**Waiver Statement: I waive all claims for myself, my heirs, and assigns, the sponsors, and any individuals associated with this event and hold them harmless for any injuries, illnesses, lost or stolen property which may result from my participation. I am in proper physical condition to participate in this race.**

Signature: \_\_\_\_\_

Shirt Size: Youth Large\_\_\_\_ Adult Small\_\_\_\_  
Adult Medium\_\_\_\_ Adult Large\_\_\_\_  
Adult XL\_\_\_\_\_

Questions: [johnbrenneman1@comcast.net](mailto:johnbrenneman1@comcast.net)

**Send To: (Preregister cut off date is Sept. 13)**

Checks made out to:  
John Brenneman  
136 Meadow Hill Drive  
York PA 17402

**Volunteers needed!**

Sponsors:

Greg Baum's  
 **Flying Feet**  
Sport Shoes  
1511 Mt. Rose Avenue  
York, PA 17403-2909  
[www.flyingfeet.com](http://www.flyingfeet.com)





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

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

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**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:<br>(Finish boards, mile markers, chute equipment,<br>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](http://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@embarqmail.com](mailto:ddtushingam@embarqmail.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 Denise Tushingam 637-7706 if you have any questions.

|              |        |        |
|--------------|--------|--------|
| <b>Dues:</b> | 1 year | 2 year |
| Individual   | \$10   | \$16   |
| Student      | \$6    | \$10   |
| Family       | \$12   | \$20   |

**MOVING? CHANGING YOUR NAME?**

Please call Denise Tushingam 637-7706 to inform the club of any changes. We like to keep you informed!

