



KEEPING TRACK

President Jan Workinger H:755-1856 Jan.Workinger@hillmangroup.com
VP-Membership Denise Tushingam H:637-7706 ddtushingam@embarqmail.com
VP-Merchandise Andy Allison cycletech_1@comcast.net
VP-Newsletter Wendy Petsch H:633-1298 kerry6@comcast.net
VP-Race/Activities Development Brett Pfeiger H: 292-7878
brettpfeiger@yahoo.com
Treasurer Dave Tushingam H:637-7760 ddtushingam@embarqmail.com
Secretary Amy Strayer cell:717-855-0406 teacherags@ddogcom.net
Membership Data Coord: Robert Weikert H:755-1286 yorkrunner@comcast.net
Race Calendar Coord. Robert Breighner H: 244-6865 5breighners@comcast.net
Web Master Julie Bear H: 755-0419 rescuemal@aol.com

Club Info Web Site: yorkroadrunners.com ☞

YRRC NEWSLETTER # 201 FEB – MAR 2009 PRESIDENT'S MESSAGE by Jan Workinger

I trust you all had a wonderful Holiday with your Family and Friends. I know I did. If you're like me, you probably ate a little more than usual – it's easy to do with all that food around on the Holidays. One way to cure that bulging waist line and shrink those love handles is to come out and run the YRRC Winter Series.

The turn-out for the YRRC Winter Series has been great and the weather has been very cooperative. So....lace up your running shoes and pound-out some fast miles (or slow) and lose that extra weight.

The remaining races in the York Road Runners Club Winter Series are:

Saturday Feb. 7, 2009 = **JACOBUS 5 MILER** – YRRC Winter Series #6, 9am, Jacobus, PA, Joe Myers, 717 252-1183 (h)

Saturday Feb. 21, 2009 = **SPRINGETTSBURY 15K** – YRRC Winter Series #7, 9am, York, PA, Jan Workinger, 717 755-1856 (h), jan.workinger@hillmangroup.com

Saturday March 7, 2009 = **INDIAN ROCK 10K** – YRRC Winter Series #8 (final) – Award Presentations, 12 noon, Tom and Rosa Schaffstall, 717 755-6806 or tschaffstall@aol.com

The Series Coordinators:

Margaret Moore, 717-843-4202 (h), winterseries@verizon.net
Gretchen Walter, 717-542-5994 (h), runninggoddess1@yahoo.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

Also, please thank our sponsors:

Orthopaedic & Spine Specialists
1855 Powder Mill Road, York, PA
717-848-4800

and...

Ricke Brothers, Inc.,
4449 Lincoln Highway, York, PA
717-755-6199

In other news:

The YRRC will conduct a study in early 2009 on the feasibility of taking the YRRC newsletter electronically to our members. Two reasons primarily; to get the newsletter to our valued members more quickly and to save money for better use. The newsletter has become very expensive over recent years to assemble, print and mail out. Our printing/processing and mailings cost have risen substantially. The club will look at a process to email the YRRC members the newsletter, I know some of you don't have email and we'll make provisions for that. More information on this subject will come later.

The YRRC Officers discussed at our December meeting something new for 2009. The club is looking at holding a Monte Carlo Night, sometime in September. The proceeds will be donated to local charities. The idea was brought forward as a way to get more families and friends together. Many times the running theme of our gatherings leave some people out and the Monte Carlo Night is a way to bring runners and non-runners together for some fun and serve as a means to help local charities. More information will be announced later. Please stay tuned.

How many of you accomplished your running goals in 2008....what do you have written down for 2009? I will share a few of mine. At age 50 (I turn 51 on January 22nd ...hint!) I have run my fastest times ever from the 5k to the 10k – thanks in great part to my loyal running partners (you know who you are). I also started to cycle. In 2008 my year-end running mileage was 1,710 and I cycled (on the roads) 1,835 miles. Keep in mind that it's been calculated by the "experts" that 1 running mile is equal to 2.8 cycling miles. This can vary on effort done at both sports. Using this theory, I have covered more miles on the road than some people drive in an entire year. This past July, I had the opportunity to ride in France for one-week with a good friend, and the person responsible for introducing me to cycling. We finished our trip watching the last day of the Tour de France in Paris. What an experience – words cannot describe the thrill and energy in the air. Since the recent announcement that Lance Armstrong is making a comeback and will ride in the 2009 Tour de France, I decided to go back to France in July and watch Lance finish in Paris – hopefully as champion and pulling down his 8th win. I suppose you can call me a cycling aficionado as much. The challenge I wrote down for myself in 2009 however is not related to running, but rather a cycling one. Don't misunderstand me, I'll still be out there pounding the roads – running is still my number one passion, but I need a distraction. My challenge this year is to ride the Tour de France stage held in 2008 to the summit of Alpe d' Huez. The ride is 210 kms long (130.2 miles) with 15,000 feet of climbing over two mountains in the Alps - with the last climb starting at the base of Alpe d' Huez. The ascent to Alpe d' Huez is nearly 9 miles long with 21 switch backs at 8.5% evaluation...one section of nearly one mile in steepness is 10.5%. That's a wall on a bike! To make this ride, I will be spending considerably more hours on the bike, running will be my recovery "easy" days and to maintain my endurance. I'm looking forward to the challenge.

Before ending, I need race day volunteers for the Winter Series Springettsbury 15k held on February 21st. 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 6:00pm and finish at 8:00pm.

Below is the YRRC meeting dates for 2009:

Feb. 2nd; April 6th; June 1st; Aug. 3rd; Oct. 5th and Dec. 7th.

Note: Unless otherwise posted on the YRRC website, all meetings will be held at:

The Wellspan Center
915 Indian Rock Dam Road (corner of Indian Rock Dam Road and Richland Avenue)
York, PA 17403

Run safely....and remember your reflective wear!

Best Regards,
Jan Workinger

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

Please welcome the following new members:

Michael Ravegum, Nikki Ravegum, Devlin Ravegum, Nathan Tracey, Emily Hess, and Brandon Parks

YRRC EXECUTIVE MEETING
December 1, 2008

** Went over the newsletter – checked for updates and changes

** Currently at 344 members

** Discussed the storage issue of the equipment –

** Newsletter – could we just go to email the newsletters instead of mailing them – could they come out 4 times a year instead. Put a card together to send out to people to send in their emails to people to get ready to send the newsletter electronically. Start to work out the details of the process, it's green and it will also save us around \$3000 a year

** Brett – use the high school cross country courses to utilize the courses – “take races that are already there and utilize them” – keep track of adults running and keep points for their alumni school – pick a home school district – and keep points. We will start to look at this and see about getting it off the ground –

** Dates for meetings for next year – closing dates for newsletters and meetings dates –

-- The next closing date is Decemnrber 29th for newsletter 201 – which is the February/March newsletter --- Feb. 16th for April/May newsletter – April 20th for June/July --- June 15 for August/September --- August 17th – for October/November October 19th for December/January –

Meeting dates – Feb 2, April 6, June 1, August 3, October 5, December 7 – 6:00 – WellSpan offices unless otherwise notified....

** Continue with a poker run – May 17th @ 3:00 --- club will supply drinks and prizes for the winning hands --- pizza and subs ---

** Brett – Race Track – we're up and running – 2 laptops working in tandem and we're ready to do training -- Get a list of people together to train and the week before the race train those people – rather than a large session with everyone who wants to learn – registration and race results done immediately at the race – pre race registration in excel, race day registration, results of the race – charge a race \$.50 a runner to use this

system – pay the certified data entry person \$100 to do the race and the remaining money will go to the club to offset other expenses

** Dave – budget – 4800 out of savings and bought a 12 month cd – 3 ½% at Fulton -- 13,000 is still in checking account – look at adding 2200 into another cd –

** Winter Series – First race and registration went well – anonymous donor is paying for the water – two situations arose – a car tried to turned into the neighborhood – a bunch of runners with ipods – an announcement will be made before the race and from now on the time clock person will check mark beside their name and they will be disqualified – no insurance company will cover races that allow runners to wear ipods – it’s a safety issue and an insurance issue -- Accomac will be the last year for this location – Dover is looking for a race director –

RACE CALENDAR – JANUARY 24, 2009 to DECEMBER, 2009
Contact Bob Breighner (rbreighner@selectmedicalcorp.com) for your race to be included in the next newsletter
(Note: **Bold** listings are top quality York area races)

JANUARY 24, 2009 . . .

- 24 **HARRC Winter Series 5K** (race #3), 9am, East Shore YMCA, contact Dave and Marge Lebo, 717 770-2231
- 25 **Chilly Cheeks 7.25 Mile Trail Run**, 11am, Reading, PA, Ron Horn, 610 779-2668 or www.pretzelcitysports.com or www.pagodapacers.com or rhornpcs@aol.com

FEBRUARY, 2009

- 7 **JACOBUS 5 MILER – YRRC Winter Series #6**, 9am, Jacobus, PA, contact Joe Myers, 717 252-1183
- 8 **Shiver By The River Winter No Frills 5K or 10K #3**, 11am, Reading, PA, Laurel Run Park, Sue Jackson, 610 779-6556 or www.pagodapacers.com
- 15 **Frozen Foot Race Series #2**, 2pm, Elizabethtown College, Elizabethtown, PA, www.frozenfoot.com

- 21 **SPRINGETTSBURY 15K** – YRRC Winter Series #7, 9am, York, PA,
contact Jan Workinger, 717 755-1856 or
jan.workinger@hillmangroup.com
- 22 5th **Ugly Mudder 7.25 Mile Trail Run**, 11am, Reading, PA, Ron Horn,
610 779-2668 or www.pretzelcitysports.com or
www.pagodapacers.com or rhornpcs@aol.com

MARCH, 2009

- 7 19th **INDIAN ROCK 10K (on the rail trail)**– YRRC Winter Series #8
(final race / awards presentations), 12 noon, York, PA, contact Tom
/ Rosa Schaffstall, cell # 717 887-9987, home # 717 755-6806,
tschaffstall@aol.com Inclement weather make-up day – March 14,
2009, 12 noon,
Note: race will be held at same ol' place as the last 18 years – I. R.
Elem. School
- 8 **Shiver By The River Winter No Frills 5K or 10K #4**, 11am, Reading, PA,
Laurel Run Park, Sue Jackson, 610 779-6556 or
www.pagodapacers.com, Last in the series
- 21 **Washington, DC National Marathon & Half Marathon**,
- 22 **Frozen Foot Race Series #3**, 2pm, Elizabethtown College, Elizabethtown,
PA, www.frozenfoot.com
- 22 29th **Winter's End 4.5 Miler**, 10am, Penn State Wilkes-Barre Campus,
Lehman, PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c),
wyovalstr@aol.com

APRIL, 2009

- 18 21st **Lady White Rose 5K**, 9am, YWCA of York, PA, contact Tara Neff,
717 845-2631 or tneff@ywcaofyork.org
- 25 3rd **York YWCA Race Against Racism 5K**, 9am, YWCA of York, PA,
contact Bernadette Green, 717 845-2631 or bgreen@ywcaofyork.org
- 25 **Josh Mottin Memorial 5K**, 1pm, John Rudy County Park, York, PA,
Connie Wolfe, 717 757-1562, ilmom8288@comcast.net or
<http://int.cysd.k12.pa.us/mottin>

MAY, 2009

- 3 35th **Cherry Blossom (Tim Thomas Mem.) 5 Miler**, 10am, Kirby Park,
Wilkes-Barre, PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911
(c), wyovalstr@aol.com
- 3 **Frederick, MD Marathon & Half Marathon**,

- 9 5th MAC ½ Marathon and Relay, 8am, NCR Trail at Freeland, MD,
410 453-9111 x638, nkopasek@macwellness.com
- 10 18th Spring Trail 5.3 Miler, 1pm, Frances Slocum State Park, Kingston
Twp., PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c),
wyovalstr@aol.com
- 30 13th NESD Dollars For Scholars 5K, 9am, Northeastern High School,
Manchester, PA, contact Rusty McCollum, 717 266-3644 x81709,
(h) 717 872-6829, or mccolluc@nesd.k12.pa.us
- 31 BOB POTTS HERITAGE RAIL TRAIL MARATHON, 6:30am,
York, PA, Sean Potts at bobpottsmarathon@yahoo.com or website at
www.bobpottsmarathon.com

JUNE, 2009

- 6 17th Run for Sight 5K, 9am, Naylor's Vineyard, Stewartstown, PA,
contact Don Scarborough, 717 993-6942 or 717 993-6846 (w)
- 6 3rd Memorial Hospital Ladies 5K (walkers encouraged), 9am, York
Surgical Center, York, PA, Krista Darr, kdarr@mtb.com
- 20 Double Creek Runs (Half Marathon, 7am / 5K, 9:30am), Dover, PA,
Brett Pfeiger, bpfeiger@welspan.net or www.doublecreek.org
- 20 Double Creek Bike Tours (30 / 62 Miles), 7:30am, Dover, PA, contact
Brett Pfeiger, bpfeiger@welspan.net or www.doublecreek.org
- 28 5th York YWCA Lady Sprint Triathlon, 8am, YWCA of York, PA,
Tara Neff, 717 845-2631 or Tneff@ywcaofyork.org
- ? Habital for Humanity 5K, 8:30am, Dover, PA, Shanna Wiest, 717 880-
1230 or shanna@rayac.com

JULY, 2009

- 18 East Berlin Summerfest 5K, 8am, East Berlin, PA, 717 299-8848 or
Pat and Ken Young, 717 259-0434 (pm) or
www.YHRunningSeries.com
- 26 2nd Summer 10K, 9am, Kirby Park, Wilkes-Barre, PA, Vince Wojnar,
570 474-5363 (h), 570 574-6911 (c), wyovalstr@aol.com

AUGUST, 2009

- 22 11th York Rail Trail 10 Miler, 8am, York, PA, Jim Poster, 717 846-
6589, jposter@thearcofyorkcounty.org

SEPTEMBER, 2009

- 26 5th Springettsbury 5K – "Saturday in the Park." 10:45am, Fun Run at
10:30am, NOTE: Rain or shine, David Wendel, Township Parks &
Recreation, dwendel@springettsbury.com or 717 505-0406

26 10th Southern Branch YMCA Sprint Triathlon, 8am, Shrewsbury, PA,
R. Shinnick, 717 235-0446 x31 or rshinnick@comcast.net Note: No
race day entry

OCTOBER, 2009

- 10 6th Dr. Segro Memorial 5K**, 9am, Red Lion, PA, RLASD Junior High,
Katy Grenewalt, 717 586-6396 or grenewalk@rlasd.k12.pa.us
25 22nd Fall Trail 5.5 Miler, 1pm, Frances Slocum State Park, Kingston
Twp., PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c),
wyovalstr@aol.com
? 25th Partners in the Park 5K, 2pm, Rocky Ridge County Park, York,
PA, Hal Darr, 717 741-3693 Note: Date will be set according to
Penn State Football schedule

NOVEMBER, 2009

- 8 2nd Zachary Clouser & Jeremy Wildasin Memorial 5K + 1 Mile
Walk**, 2pm, Dover Area H. S., Dover, PA, contact Brett Pfeifer, 717
292-7878,
brettpfeifer@yahoo.com,
14 (tentative) 33rd York White Rose 5 Miler, York, PA, race director and
event TBA,
26 YMCA Turkey Trot 5K, 9am, York, PA, Karen Ruppert, 717 843-7884
x263 or 717 292-5622 or kruppert@yorkcoymca.org

DECEMBER, 2009

- ? Double Deuce 2 Miler**, 11:45pm, Red Lion, PA, Bob Breighner, 717
244-6865 or Ray Ricke, 717 755-6199 or rickebroauto@yahoo.com

The First
Bob Potts Heritage Rail Trail Marathon & 5K
May 31, 2009



<http://www.bobpottsmarathon.com>

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, various triathlons, and thousands of local and national road races. Bob passed away two years ago at the age of 69 while participating in a triathlon in Avalon, NJ.

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.

Events:

6:30 a.m. – Marathon

7:00 a.m. – 5K

Where?

The race will start at the Grumbacher Center on the campus of York College. The race will start on the city streets and log most of the miles on the Heritage Rail Trail. The course is out and back and will finish at the Grumbacher Center.

Course

Most of the marathon course will be run on the beautiful Heritage Rail Trail, a fast and flat surface. The 5K will also be on the Heritage Rail Trail.

The Cause

The proceeds from this marathon and 5K will benefit the Bob Potts Scholarship Fund and the Heritage Rail Trail.

Other Notes

- Chip timing will be used for accuracy.
- Expect temperatures in the mid 70's. It could be a warm day at this time, so be prepared.
- The course will be certified.
- A technical running shirt will be given to registered runners.
- All runners will receive a special medal.
- Water stations approximately every two miles.
- There will be no race day registration!
- Packets will be available to be picked up from 6:00-8:00 pm at the Grumbacher Center on May 30. Packets will be available on race day, but we highly suggest that you pick up the packet the day before.

* Register at **active.com**. A link is provided at <http://www.bobpottsmarathon.com>

You can direct any questions to Sean Potts at: bobpottsmarathon@yahoo.com

Bob Potts Heritage Rail Trail Marathon & 5K

<http://www.bobpottsmarathon.com>

The website has a link for online registration at active.com

When: Sunday, May 31, 2009; Marathon starts at 6:30 a.m. sharp; 5K starts at 7:00 a.m. sharp

Where: Grumbacher Center @ York College – most of the course is on the Heritage Rail Trail

Cost: \$50.00 – Marathon – Pre-registered postmarked by April 15; \$60 after April 15

Cost: \$15.00 - 5K – Pre-registered postmarked by April 15; \$20 after April 15; \$10 for students

No registration the day of the race!!!!!!!

Packet Pickup – May 30 – To Be Announced

Course: Flat and fast on the Heritage Rail Trail

Age Groups:

Marathon - 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-over

Clydesdale Division – Men 180 lbs. and over Philly Division – Women 150 lbs. and over

5K – 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74
75-over

Awards: Top male and female overall and first three in each age group.

The time chip must be worn around your ANKLE. Failure to do so will exclude you from the results. Wear your bib number with pull tag on your front. The chip must be returned at the finish line or you will be charged an additional \$20.

----- Mail

completed application and check payable to:

Bob Potts Marathon
c/o Robin Potts Myers
1095 Roth Church Rd.
Spring Grove, PA 17362

Shirt Size:

___XL ___L ___M ___S

___ Marathon ___ 5K

Your E-mail _____ Phone # _____

Name _____ []M []F Birth Date ___/___/___ Age race day _____

Clydesdale or Philly Entrant? _____ If so, current weight: _____

Address _____ City _____ State _____ Zip _____

Waiver: I know that running a road 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 in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, dehydration, traffic, ice and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of York; The York Road Runners, York County Parks, all sponsors, Race Directors, their agents, servants and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any other record of this event for any legitimate purpose. Roller Blades, Baby Joggers, Headphones, Animals are prohibited from participating in this race.

Signature _____ (if under 18, signature of parent or legal guardian.)

If you do leave the race without returning your chip, you will be billed \$20. To avoid this charge, please return the chip.

If you have any questions, email **Sean Potts** at bobpottsmarathon@yahoo.com.

2008/2009 YRRC WINTER SERIES

Orthopaedic & Spine Specialists Ricke Bros, Inc
1855 Powder Mill Rd, York, PA 4449 Lincoln Hwy, York, PA
717-848-4800 717-755-6199

Series Coordinators: Margaret Moore 717-843-4202

winterseries@verizon.net

Gretchen Walter 717-542-5994 runninggoddess1@yahoo.com

YRRC Web Site: //www.yorkroadrunners.com

- 8 races and 8 1 mile runs

- Participants assigned a race # at their first race & are responsible to Bring & Wear the same # at all races attended.

- Awards based on a point system throughout the series. Awards presented at end of series for most accrued points in 5-year age brackets.

- Participation Awards for those who run and/or volunteer for 5 or more races.

Date Time Race Director Phone

Sunday 11/23/08 1pm Dover 10 Mile Paul Makurath 717-652-8633

Sunday 12/7/08 1pm Spring Valley 5k Tom Shepp 717-792-3214

Saturday 12/20/08 12noon Dallastown Wildcat10k Bob Breighner
717-244-6865

Saturday 1/3/09 9am Accomac 8K Dave Weitzel 717-252-4544

Saturday 1/17/09 9am Saginaw 5K Jack Goodwin 717-600-2282

Saturday 2/7/09 9am Jacobus 5 mile Joe Myers 717-252-1183

Saturday 2/21/09 9am Springettsbury 15K Jan Workinger 717-755-1856

Saturday 3/7/09 12 Noon Indian Rock 10K Tom & Rosa Schaffstall
717-755-6806

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

- Due to insurance liability, **NO HEADPHONES/DOGS ALLOWED ON RACE COURSE**

All Winter Series Races will be held in moderately bad weather, which includes rain, snow, ice, and 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 in bad weather, check for a posting on www.yorkroadrunners.com, WGAL, or contact the race director. All postponed races will be re-scheduled for the following week on the same day & same time of the week. We reserve the right to cancel races, which are postponed more than once.

COST: Applications are a one-time fee of \$20.00 for any/all main races. One mile runs included in this fee.

\$8.00 for any/all 1-mile runs

\$50.00 maximum for families for any/all races

BONUS: Ray Ricke headbads, guaranteed to all pre-registered runners. Also given to all other runners while supply lasts.

Total Cash/Check \$ _____

In consideration of this entry being accepted to each & all of the above races, I hereby for myself, heirs, executors, & administrators waive and release any claims that I may have against the 08/09 York Winter Series, the York Road Runners Club, it's officers, directors & race sponsors & cities, boroughs, townships & 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 Age as of 11/23/08: _____ Birth Date: _____

Phone: () _____ Email: _____

Participant's Signature: _____

Parent/Guardian must sign if under

18: _____

Mail applications & payments to: YRRC-Winter Series c/o Lynn Vanhouwe
(run.fast1@comcastnet)

4754 E. Prospect RD York, PA 17406

_____ Cut Here _____

More Details & Printable race applications will be posted on YRRC web page
www.yorkroadrunners.com

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 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: Queen ST (Rt 74) South exit Go approximately 4 or 5 miles to Dallastown. Go to first traffic light (Turkey Hill on right) and turn right on Walnut ST.

Stay straight on Walnut ST about ¼ mile. This road brings you behind school & to the stadium. Bear left at stadium (between stadium & 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 into Community United Methodist

Church (only a block from river)

Jacobus: I-83 South to exit 14 (Leader Heights); right (west) on Leader Heights RD; left (south) on George ST; follow 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; Right on Whiteford Rd, Springettsbury Park on left. (LOOK FOR SIGNS FOR RACE LOCATION)

Indian Rock: Heading south on George St @ York Hospita, turn Rt (west) on Country Club Rd; Rt on Richland Ave, left on Indian Rock Dam Rd; go 1 mile to Indian Rock Dam 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 with Bob Weikert, 827 Locust Grove Road, York, PA 17402. Please email all requests for equipment to yorkrunner@comcast.net at least two weeks in advance. Confirmation of availability will be done by return email. Bob's cell number is 891-7985.

Prices:

Use of club equipment:	\$50/*\$60
(Finish boards, mile markers, chute equipment)	
Fee for Chronomix, and/or clock	\$45/*\$60
Timer person:	\$65/*\$85
Race Application in Newsletter: (1 sheet, 2 sides)	
Out of County	\$30
York County Races	\$0

* OUT OF County rates

CLUB MERCHANDISE

Andy Allison 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 Andy at cycletech_1@comcast.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 Denise Tushingam 637-7706 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 Denise Tushingam 637-7706 to inform the club of any changes. We like to keep you informed!

