



York Road Runners Club

www.yorkroadrunners.com

Issue 220

April - May 2012

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President's Message

I realize that this is a little late, but I still wanted to do a year in review message. What a great year the YRRC had. First we redesigned our website to make it more user friendly and drive more traffic to our site and other local running sites. If you have not been on our site recently please do so. Brandon Parks our club's webmaster has done a great job in organizing our site to make it more enjoyable for all who the visit.

Our chip timing program continues to become more popular and we are doing more races in our area. Karen Mitchell and her devoted crew of timers

have stretched out beyond York County to provide race directors with the best chip timing system in the area. The club purchased a trailer to transport this system to race events and we even found several sponsors to off set this purchase.

We brought back the YRRC picnic with a night at a York Revolutions game, and although the numbers were not quite what I wanted I believe that this is a step in the right direction. We are open to all suggestions to keep this event alive.

Our winter series continues to grow. This year I believe

that we broke all attendance records at each winter series race. This growth is because of the dedicated group of members who continue to make our winter series the best events in our area.

Thank you all for a very busy 2011 and I am looking forward to a great 2012 As always I wanted to keep the lines of communication open so if you have any ideas or concerns about your club, please feel free to get in touch with by phone or email.

See you on the roads and trails

Doug Barnett

Karen's 50 State Marathon Finish

By Clay Shaw



I was the schedule maker for Karen's final stretch run in her completion of a marathon in each of the 50 states. In 2010 we were in Fargo, North Dakota in May; Kauai (Hawaii) in Sep-

tember; Omaha, Nebraska in late September; and Hood River, Oregon in October. 2011 plans had scheduled back to back marathon weekends in April, on the same trip. We flew into Portland, OR on a Friday, rather late, so it was carb-loading not far outside the Portland Airport. We knew the area having run in Hood River just 6 months prior. It was nearly a three hour drive to Yakima, WA., where Karen would run the Yakima Canyon Marathon. The following Saturday, she would run state #49 in Abeline, Kansas at the Eisenhower Marathon. The big game plan had Karen finishing up in August 2011, and I would run those marathons as well, leaving me with just 6 states to go in my second time around. My 2011 started well with nice performances at the Bahamas Marathon in January, and the Surf City Marathon in Huntington Beach, CA on Super Bowl Sunday. A little bit of knee pain became a lot of knee pain after the marathon, and the Springettsbury 15K. In March, I learned I would need knee surgery, and my year would be done. So as it was, I would be on hand to support Karen, not that she needs it, for her final three states.

In the Yakima event, it was clear and cool in the interior part of Washington State, east of the Cascade Mts. The course is run point-to-point through

the scenic Yakima Canyon, starting near Ellensburg and finishing north of Yakima. Chuck "Marathon Junkie" Engle won it overall, (he won our Bob Potts Marathon inaugural in 2009.) The race is popular with the 50 staters, the Maniacs, and the 100+ Marathon club. A big 4PM post race dinner/ awards party was a fun change from the normal. We left Yakima, and the good weather, and headed across the Cascades to the Pacific Coast. We visited a few National Wildlife Refuges along the way, and stayed in Seaside, Oregon on the coast. Naturally it rained both days there. We spent the third night in Portland, saw the city, and the Golden State Warriors Vs Portland Trailblazers (NBA) that evening. We left Portland the next morning for a flight to Kansas City, MO. We met York 50 stater Hal Darr at the KC airport, and spend the evening with our old friends Anne and Martin Grey in St Joseph, MO. After a short run/walk by the Missouri River, we headed west into Kansas. We toured the Eisenhower Museum, and walked around Abeline (quite small) on Friday. Race day brought a big surprise, 86 degree temperatures, not exactly welcomed by the marathoners. I drove out on the course, after walking 4 miles with my bib number. Hal and Karen finished, but the heat played havoc on their times. I had a Diet Coke for Karen after her finish.



Humpy's Marathon in mid August would be the final wrap for Karen's states. It was not without some worry. Post surgery for me in what was a rather lengthy rehab. I could walk,

with a knee brace, but long hikes were out of the question. Karen also had injury issues which really limited her training. By being smart about it, skipping some days, and training almost exclusively off road, on the rail trail etc. She finally felt better just prior to the marathon, but was concerned of her lack of base miles. We spent the first two night in rainy but fun Seward, and three in Anchorage, and the final two days in the Palmer/Wasilla area. We met Joe Brillhart in Palmer, where his son Aaron and his family live and work.

Race day for Karen M, the sun finally came out, and was ideal for marathon-ing. The race was not the most organized with 5k, half and other things going on. It had also changed names, now known as the Big Wild Life Runs. In the Half Marathon, a Kenyan based at the Univ of Alaska-Anchorage won by nearly 10 minutes. Karen ran a superb marathon finishing well under her time goal/ guess. We celebrated with Deb Cropper, a 50 state runner who lives in Anchorage. Deb just finished the states this January.



At first Karen really had not planned to doing the states, but as the numbers grew, we made it happen. We also try to have a little non-running fun on our trips too.

Lost But Found 2011

by Tom Schaffstall

The two simple words “time flies” sure does fit here. Not only has it been one year since I wrote this column before, but it’s been 20 years since I started doing so on a regular basis. Actually, it’s really been 22 years that we started looking around everywhere we went to see if we could find those few items that someone else unfortunately misplaced or lost and which was the foundation for starting this column. I must say it’s become kind of an obsession for us really. As competitive as Rosa and I are, this obsession took on a whole different perspective when others joined in the “competition”. That alone made it what it is and put a fun aspect into it all too. Rosa and I focused more on the money we found but would have taken anything that we happened to stumble upon. Others reported on finding bowling balls, XXX rated videos, cell phones, rings and other forms of jewelry, and other unusual finds. Therefore, this “competition” between a few running families focused on the money that was found. I must say that for most of those years, Rosa and I did not finish in 1st place and take the “Top Dog” recognition. However, this being our 22nd year, I can say that the total amount we collected was a significant amount and a good round number to boot. In those years, we found a total of \$200.63. We’re happy with that! It’s a good time to mention here that this will be my last writing of this column since it seems like 20 or more is a good number to end a good thing. It’s ironic too since two years ago after 20 years, we ended the directing of the Indian Rock 10K. My hope is that someone will

come forward to continue this column as Jeff Georg did at directing the Indian Rock 10K. Any takers?

Now on with the reporting of the “competition” for 1st place and be recognized “Top Dog” for 2011:

The “Top Dog” award again this year goes to Jane Nelson. She found \$18.47 in 2011. Great job, Jane!!! The year before that she took the prize also with \$15.78 so you did a bit better this time, Jane. Both were a far cry from her and Bill’s PR of \$102.48 followed by \$84.74 and \$70.22. She reported that she did not find anything unusual this time but that she did find a \$5 bill on the floor of a movie theatre as to her most exciting find. They were lucky one year when Bill found a gold chain near York College worth \$186 back then but surely worth more in today’s high gold prices. Congratulations, Jane, on winning this competition once again.

Reporting in very early in January of 2011 and 2nd place in this competition, is Jan Worker. Jan reported finding \$6 in all while running at 5:30am near York Suburban H. S. He found a \$5 bill and \$1 bill on that run. I’ll bet he found more as the year went on but didn’t report back in to me since. Did you find more Jan? Anyway, Jan, good job and happy future running/biking.

In 3rd place, were Rosa and Tom Schaffstall. We found a total of \$4.93. We came in 2nd place the time before finding \$13.87 then. As mentioned, the 22 year total was over the \$200 amount so we’re happy about that too. I will give myself credit this year since I did find my share of the money

on walks and out and about, here and there. Rosa is the real runner now. My hip replacement went well last March which slowed me up somewhat but the advice of the doctor’s was to not run anymore. The osteoarthritis is affecting many of my other joints now and my knees and fingers are the next joints to be afflicted. Oh well, running since I was 16, more than less, was a good “run” overall and I enjoyed it while it lasted.

In 4th and last place were Lynn and Dan VanHouwe. Their total for 2011 was probably a PR low of only \$2.24. They did find \$12.55 the year before and they took 1st place the year before that with \$37.43. Incidentally, they keep track of their finds monthly. I’m sure the credit goes to Lynn for keeping these monthly records – the 2nd half of the year was slightly better than the first half, April was the best month with \$.56, and May was really bad with NO money found. Pretty interesting . . . This author just has to comment on why they are finding less than in the past. After living for the entire year now in their condo in the Heritage Hills Estates, they find less because those rich folks that live around there are more careful with their money and hold on to it better. Nevertheless, good job!

Thanks to the above and everyone else that participated over the years in any way for the content of this mostly once annually written column.

Finally, to everyone, “Good health, much happiness, and good luck on staying physically fit no matter what activity you are involved in!”

YRRC Board Minutes

YRRC Meeting February 17, 2012
Start Time: 6:14pm

Present Board Members:

Doug Barnett - President
Bob Breighner – Co-President
Kate Thompson – VP Membership
Hal Darr – VP Merchandise
Brett Pfeiger – VP Race Activities Dev.
Scott Newcomer – Trail Coordinator
Brandon Parks – Web Administrator
Gretchen Walter – Secretary

Non-Attending Members:

Karen Mitchell – Race Timing Coordinator
Kelly Parks – VP Newsletter
Dave Tushingam – Treasurer
Bob Weikert– Club Equipment Manager

Equipment:

- Purchased new tie down weights for tents.
- Advertisement for trailer wrap is State Farm, Warner Bros Auto, and Moving Storage.

Trail Running:

- Partners in the Park has an outfit that will pay for chip timing.
- Scott Newcomer would like the timing chips at cost. Board voted to give chips at cost
- Request for Equipment rental for Partners in the Park equipment rental to be covered by club.
- Squirrely Tail Run went well. 189 runners registered. 150 showed. Course was tampered with.
- Updated runners scheduled are posted. New trail webpage “runpatrails” from Harrisburg which critiques trail runs.

Merchandise:

- Merchandise will be at last Winter Series Race at Indian Rock.

Treasurer

- Account is \$17,749.66
- Winter Series are bringing in funds. Disbursement to follow.

Winter Series

- Changed participation award to glasses.
- Discussed issues on runner pace for races. Putting the pace at 15-minute miles due to permits and safety to all runner and volunteers. Discussed the discussion on Facebook.
- Discussed changing the time for the 1 mile race to 1/2 hour before.
- Discussed new fees for next year being raised. Members get a discount. \$30 signs you for up the series and extends your membership.
- Membership will go up next year to \$30 individual, \$60 family \$10

Webmaster:

- Facebook page has 197 likes. Groups has 195 people. Family membership 287, 228 households. Mailing list 234. Races in system 636.

Newsletter:

- Bonton still taking care of mailing distribution.
- Received prices for Wolfe Printing for newsletter \$280 for printing.
- Accepting news articles.
- Flyers can be included for \$50

Chip Timing:

- Trailer parked at storage facility on Bull Road close to Hakes at no cost. Club will advertise Hakes on wrapping.
- Summer Series coming up. Need to purchase chips for series.
- Approved club cost to purchase bib w/chips

New business

- Movie Madness 1/2 marathon, 25cents from each runner goes back to YRRC
- Discussed sponsoring Girls On The Run for Central SD.

Meeting Adjourned 7:47pm

YRRC Club Officers

President.....	Doug Barnett.....	dbarnett1961@comcast.net
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Trail Coordinator.....	Scott Newcomer	trailmonster1@comcast.net
Newsletter Editor.....	Kelly Parks	kellypearl@gmail.com

Adopt-a-Highway

Since 1994, the York Road Runners Club has faithfully been cleaning both sides of a 2 mile stretch of Grantley Road (between Country Club Rd. and George St.). Under the careful guidance of project initiators Jack Goodwin and Scott Madison, our commitment to keep the road clean has been met.

The job can be completed by 4 people and takes only two hours of your Saturday morning. If we each take a turn, we will only have to pick up once every 20 years. Please participate if you can. Please email Bob or call at 717-244-6865 for more information.



YRRC Merchandise

Club gear is always for sale. Check out the new items at www.yorkroadrunners.com. Available are baseball caps, and much more. The ever popular YORK logo singlets may be purchased at Greg Baum's Flying Feet. If you have any ideas about what gear you'd like to see offered through the club, please contact Jan Workinger.

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