



York Road Runners Club

www.yorkroadrunners.com

Issue 223

March - April 2013

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President's Message

We have all viewed several pictures of the tragedy in Boston. We have all read countless articles of the events that we will not soon forget. We have stared at our computers and televisions set until we just had to walk away needing a break from the Boston Marathon Tragedy that we will tell our grandkids about.

On the Monday evening of the Boston marathon I meet with a small group of runners at the York College track to walk or run a mile in remembrance of the people who passed away or suffered that day. I remember watching Ryan Meyers three young daughters run around that college track without a care in the world. That was the way that we all felt just a few hours before a finish line tragedy would change not only the marathon world, but the entire world that we live in.

That mile walk around that track way just a small part of York County giving back. I am proud to be part of a

small running group with the letters WRFB which currently stands for Will Run For Boston. Soon after the Boston tragedy this group of runners reached into their wallets and quickly raise one thousand dollars for the One for Boston fund.

The week after the Boston marathon a larger group of York County runners got together to raise funds for the victims of Boston. They gather at Flying Feet and once again reach into their pockets to give monies to people that they will never meet.

Runners sometimes get a bad rap that we are a select group and that we stick to our close running buddies. On the evening of the run at Flying Feet I noticed people coming together as a group of runners/walkers that just wanted to give back. It wasn't a race; it wasn't part of a series. It was a bunch of people who wanted to feel better about the

world that we live in. Giving our time and our monies was just a small way that York County gives back and hopes that as the runners and fans of the Boston marathon get back to normal lives we all remember the events of this year's Boston marathon

If you would like to donate, please visit the YRRC website for instructions on how to donate money.

See you on the roads & trails!!

Doug Barnett



BOSTON 2013 MARATHON STORY (8TH)

Sit down and grab a beer. This is a long story. This was a bitter-sweet day, but I decided to regale you with another marathon tale as I have done with my previous 7 marathons. I was apprehensive in sharing my joy, in light of the circumstances, but we must persevere and overcome the events of the day.

This was my first time to Boston. It took me 4 marathons to qualify for Boston and then they changed the qualifying times and registration process. I knew I would need faster times to get in. I ran faster my next marathon and used that to qualify and get into the 2012 Boston Marathon. 4 weeks prior to the 2012 marathon I was diagnosed with 2 DVTs (blood clots) in my left leg. Boston would not happen in 2012. I continued to push my training and PR'd my next 2 marathons and registered for the 2013 Boston marathon and made it in. I was almost 4 minutes under my qualifying time. Today was redemption time

April 15 2013. It actually happened this year. No injuries, blood clots, or any other ailments to keep from this years event. I was a bundle of nerves 2 days prior to the race. My wife was about to strangle me in my sleep. The day finally arrived.

We arrived early in Hopkinton, so we walked to the start area. It was an amazing site. The crews were still setting up the corals, TV crews were setting up cameras, and vendors getting stands ready. I even saw Dave McGillivray at the start line. I was hard to believe that in a few hours the elite athletes would be standing just where I was standing. Cars were still driving past the start are, as

the roads were not yet closed. In just a few hours I would stand here and traverse the same path as the elite runners of the world.

We were fortunate enough to spend time at the home of a friend, so we did not need to hang out in the runners village. Before every marathon I watch the movie "Spirit of the Marathon." I did not get to watch last evening so I watched it as we waited for the race to start. Start time was approaching so we headed to the start area.

We took some pictures and headed to our specified start corals. I was wave 2, coral 1. I did not realize that only one wave is processed at a time. When the entire wave 1 was out on the course then then send in Wave 2. Having ascertained this information ahead of time I perched myself at the gate for coral 1. When wave 1 was clear, I was lined up on the front row to the right. I could see my family and they had an opportunity for some good pics.

You could feel the energy in the air. I talked to the runners near me and the volunteers. The announcer asked who was a first timer and I raised my hands and hooped and hollered. There were TV crews filming it all. The start crew moved out of the way and we advanced to the start line. I felt like an elite toeing the line for a big race. The gun fired and I sprinted 100 yards to remain in front so my wife or son could snap some good pics. I never thought I would find them at the start. This was a good thing because I would not see them until the end of the race.

My strategy was to start slow to warm up. Then pick up the pace a little. Then push after Heartbreak

Hill. Sounded like a good plan, too bad I could not execute. On to plan B. As I flew through the first 5k I realized it was too fast. I was trying to hold back, but everyone was flying by me. These runners were going at a sub 3:15 pace. I tried to slow down for the next 5k and managed to slow a little but I needed to slow even more.

The crowd support was amazing. This combined with a downhill run was the reason for the fast pace. The 5k point marked the Ashland area. The 10k point entered Framingham. Each town was densely populated with cheering fans. Between towns there was still fan support, just a little more thinned out. There would never be any point along the course were there would not be someone cheering on the runners.

I finally got my pace under control, but realized I had expended more energy than I wanted to at this point in the race. By 15k I was on the pace I wanted from the start. The course was mostly with small rolling hills. We approached Natick where we had a slight climb and a slight downhill. The next stop would be Wellesley college. These girls are loud and proud. You can hear the roar before you can see them. They all held signs like, "Kiss my I'm Texan" or "Kiss me I'm horny". I definitely slowed through this area. I think I slapped every outstretched hand and stopped to kiss 7 girls. I had my WRFB shirt on so I hear comments like "Kiss me beer man" "Hey beer man I want a kiss". This definitely gets the heart pumping on a 49 year old man. This marked the halfway point of the marathon and I was way ahead of pace. It was time to slow things down before the Newtons.

(Continued on page

I have worn the WRFB shirt in every marathon I have completed. It is never a disappointment. "Hey beer man there is beer at the end." "Hey beer man I got a beer for you." "Go beer man." "Like your shirt beer man." "yeah beer man." These were many of the quotes I would hear many times throughout the day. My favorite was "Hey beer man I'll run with you any day."

Just past the Wellesley girls I crossed the halfway point. I was still way ahead of pace. I slowed the pace as we cruised through mostly flat straight streets for the next 4 miles. The crowd support was amazing as we passed through these small towns. People had grills fired up and were eating, drinking and cheering the runners. It was hard to absorb all that was happening around me. Mile 15 saw a steep drop. Everyone just let's roll down the hill. We now approached the first of four hills. The first hill was short and not much of a challenge. I cruised up the hill and passed several runners. We leveled off and made the first 90 degree turn to the right. We approached the second hill next. This was a little steeper but shorter followed by a downhill run. The third of the hills provided to be longer but not too steep. there was a short level spot then it continued up. I thought this hill was the most challenging. Three hills down one to go, Heart-break hill. I was hoping to find family in this area so I slowed my pace and scanned the crowds the entire way up the hill. I did not spot them so I kept the pace slow on the down side scanning the sides of the road for family, but to no avail.

At some point in these miles I passed Dick Hoyt. What a truly amazing man. If you have not heard of Team Hoyt or seen any of his or his sons videos, it is well worth a search on Google. This man inspires me to be a better father, husband, friend and human being. I almost asked if he

needed a hand but I knew the answer to that question. It was quite cool to have met him at the expo center. Bob, John and I got our picture taken with him. What an honor to meet such an outstanding human being.

We continued down for the next 3 miles. It was somewhere around mile 22-23 that I realized this was soon going to end. I did not want this to end. This was a journey that was about to arrive at its destination. I was starting to feel the beginnings of leg cramps as the course flattened out around mile 24. I was not racing today so there was no need to sprint to the finish line. I slowed the pace and just took in all the sights and sounds. The crowd support was amazing. The streets in Boston were overflowing with spectators. "Beer at the end", this WRFB shirt was amazing, it is very recognizable.

Several times on the course I heard people say they saw me on TV. This happened again on the straight shot into Boston. "Hey beer man I saw you on TV." I slowed and looked at him while I asked "Really." He responded that I was in fact on the TV. It must have been the local TV stations set up at the start. As the beer comments continued I continued to look people in the eye and give them a smile and thumbs up. I could see the Citgo sign which is one mile from the finish line. I continued to enjoy the day as the final miles passed by. I finally would accomplish my goal after a year delay. I turned the last corner and could see the finish line roughly a half mile away. I was slapping hands, lifting my arms in the air and screaming with joy. The blue gates at the finish line approached and I had completed another leg of my running journey. I was so excited I never

stopped my watch and had no idea what my finish time was. The runners were now moved through drink stations, wrapped in blankets, fed bananas and power bars and given a goody bag.

That was it. My first Boston and a wonderful experience. I turned off on a side road and headed toward "Bobs Tree" to connect with my family. My son and his buddy were there to greet. I was getting cold and really needed my warm gear. My wife returned after finding a bathroom. We talked and then headed out of town just before the incident occurred. We were in the car when we heard the news. The whole day had just taken a 180 degree turn. My wife was actually in the area where the explosions occurred trying to find a bathroom, about 30 minutes before. My son's friend was in college in Boston and stopped by the finish line to watch the race. It was his first Boston marathon and he wanted to watch. Thank God he was far enough away. He made it out of the area and is safe and well.

It was a bittersweet day and the emotions swung far and wide in both directions. One second all is well and joyous the next you are trying to wrap your head around what has happened. Great idea Rocco for making the donations a reality and so quickly. Thanks to all the WRFB for your donations to this cause and thanks for all your support and well wishes. I could not ask for a better group of friends. Well wishes. I could not ask for a better group of friends.

"Beer is proof the God loves us and wants us to be happy" falsely attributed to Benjamin Franklin

OFFICER PROFILE

Meet the men and women who volunteer their time and efforts to make YRRC the success it is!

Doug Barnett

Meet Doug Barnett, he's not only the President, he's also a Member.

Doug is a 51 year-old running fool from Dallastown. When he's not out on the roads and trails or working for YRRC, he spends his time as a Regional Sales Manager for the James Austin Company.

Doug has been a member of YRRC since mid-1980. He was the race director for the Dover ten-miler for three (3) years and has been a Co-President since 2010.

Doug started his running career in 1977. Although his favorite distance is the half-marathon ("You don't have to train for months and you only walk funny for one day"), he loves the feeling that you get from running. "It feels good to sweat after a long run" and running as a group is a great way to train for a race.

So why does he enjoy being Mr. (Co-) President? "We all need to give back. There have been so many great people before me that have given their time and ask for nothing in return. I figured it was my turn to give back to the club."

Asked for his best advice to new or seasoned runners alike, Doug advises to never stop running. "Once you get out of your routine, it is so hard to get back to running." So true!

Harrisburg Area Road Runners Club Hosts the "Aspire Urgent Care and Family Medicine HARRC after Dark" 7k Race

The Harrisburg Area Road Runners Club (HARRC) will host its third annual evening race, the "Aspire Urgent Care and Family Medicine HARRC After Dark," on Friday, August 16, 2013 at 7:00 P.M. The 7k (4.35 mile) race will start at Kunkle Plaza, between Front Street and the Susquehanna River in Harrisburg. Runners will run on a macadam path along the river and finish just north of the Harvey Taylor Bridge. Registration, awards, pizza, Seltzers Lebanon Bologna and post-race showers will all be provided at the East Shore YMCA.

Race registration is \$30 by August 9th and \$35 from August 10th to the race day. HARRC and Team Aspire members receive a \$10 discount on their registration. Participants can register online or download a mail-in application at www.HARRC.org.

Gift certificates of \$100, \$75 and \$50 to the Inside Track Running Store will be given to the top 3 male and female winners and \$50 to the top masters (over age 40). Quality trophies will be awarded to age group winners and high technical T-Shirts will be provided to the first 200 registrants.

This early-evening summer event will appeal to runners of all ages and bring people out to enjoy Harrisburg's beautiful Riverfront. Having residents out at night engaging in positive, healthy events makes our city a much more livable, interesting and fun place to be. Showers will be available after the race, so runners can stay in town for dinner, an Arts event, and everything else the city has to offer.

The Harrisburg Area Road Runners Club (HARRC) was founded in 1974 and continues to sponsor running-related activities for participants of all abilities regardless of age or gender. HARRC is recognized by the State and the IRS as a nonprofit club that serves the

GET OUT AND RUN PROGRAM— JUNE 2013

US Road Running Virtual Races, and Goal Program.

Run your race at any location you want. You can use the treadmill, run outside, your own course or even another race. The program is designed to encourage everyone to get out and run. Overall results and age group results are both available so you can see how you placed among runners all across the US.

YRRC Board Minutes

YRRC Meeting Minutes - April 8, 2013

Meeting Start Time: 6:10pm

Board Members Present:

Doug Barnett – President

Gretchen Walter – Secretary

Brett Pfeiger – VP Race Activities

Hal Darr – Activities Director

Scott, Newcomer – Trail Coordinator

Margaret Moore – Winter Series Coordinator

Winter Series:

- Series wrapped up well.
- Ideas for next year:
 - o Break down of expenses as to where the money is going.
 - o Put together a manual the details the jobs of coordinator and directors and any other people involved.
 - o Have on website a more details layout of courses and other detailed information for runners at races , FAQ format.
 - o Accomac will no longer be held due to parking. Perhaps race will be relocated to Another venue, perhaps Long Level.
 - o Need race directors for Indian Rock, Saginaw and co--□director for new Accomac race.
 - o Suggestions for Water supply and bagels for next year
- Winter Series dinner suggestions dates and venues.

Hal Darr:

- Join the Club Run is June 23. Paid down deposit payment for race. Club Needs to advertise to get members to come. Club will be giving out random prizes.
- Looking in another club event for next year, such as a weekend bus trip to a race out of area.

- Requesting \$250 for prizes for this year's Club event
- Perrydale Race was successful with 133 finishers. Race raised \$1500 for Shon Seeley Legacy Fund for Sustainable Farming Education
 - o Letter shared from family of Shon Seeley of appreciation.
- Cross--□country series next year will start 2 weeks after Winter Series concludes.
 - o Discussion if YRRC wants it to be a club series? All profits will go to the Leg Up Farm with the exception of Perry Dale, which would like to split the profit. Moved to make it club event.

Treasurer Report:

- Bought chips, camera, headlamps and lantern.
- Total in account after expenditures is \$11,270.48

Race Activities:

- Purchased chips, video camera for trailer
- Races Coming up
 - o First race for season was Movie Madness 5k, which was Saturday, April 6. Next race Joey Duffy Race on April 20 at Rudy Park.
 - o Kids Y-Tri
 - o Another Movie Madness race will be at Hollywood Casino
 - o Race Against Racism
- Trailer is ready to go.

Trail Runs:

- Trail schedule is updated and on the webpage.
- Next event is at Shanks Mare Dinosaur Event.

Meeting Adjourned 7:30pm

Next meeting—03 June @ 6:00PM

YRRC Club Officers

President.....	Doug Barnett	dbarnett1961@comcast.net
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Newsletter Editor	Melissa DeHass	mldehass5@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.



Have ideas or suggestions for upcoming newsletters ?? Please send feedback and ideas to mldehass5@gmail.com

JOIN THE YORK ROAD RUNNERS CLUB RUN JUNE 23, 2013 1 P.M.

Free to Club members, run a rolling cross country course, enjoy a great buffet and random prizes. None competitive run Free catered lunch - Random prizes At Kerry 's Green in Red Lion, Pa. On the Red Lion H.S. cross country course. Changing areas will be available. Bring a friend - they can join the premier area running club for \$11.50. We serve the surrounding running community and this is a Thank You to our members. We do need a count for the caterer, please email darrsrun@aol.com with your count.

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