



2016 -2017 YRRC Winter Series

www.yorkroadrunners.com

Thank you to our sponsors:



Series Coordinators: Heather Roe & Jason Heilman (yrrcwinterseries@gmail.com)

How does the Winter Series work?

- 8 races and 8 one mile runs for one low registration fee.
- **Participants are assigned a race number and are responsible for bringing their bib and wearing it for every race they attend (bibs to be worn on the front of the runner)**
- Series award categories for males & females: 1-13; 14-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+
- 1 mile run series award categories for males & females: 1-13; 14- 19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+ **Please note: age brackets have been updated for the 1 mile event.**
- Awards are based on placement points earned throughout the series and awarded at the final race. The more races you run, the better your chances of placing!
- Participation awards for those who run and/or volunteer at 5 or more races.
- The York Road Runners Club Winter Series is sanctioned by USA Track & Field.

Check the York Road Runners website for Winter Series merchandise.

Final race and awards will be at NORTHEASTERN HIGH SCHOOL.

Schedule:

Date	Race	Director
Sunday, November 6, 2016, 1pm	Dover 10 Miler	Doug Barnett - 891-5016
Sunday, November 27, 2016, 1pm	Spring Valley 4 Miler	Tim Ihrig - 495-4520
Saturday, December 17, 2016, 9am	Dallastown Wildcat 10K	Jim Rayburn - 779-3589
Saturday, December 31, 2016, 9am	John Rudy Rail Trail 5M	Todd Rose - 779-7916
Saturday, January 14, 2017, 9am	Indian Rock 10k	Heather Roe - 855-8750
Saturday, January 28, 2017, 9am	Jacobus 5 Miler	Dan Topper - 476-5647
Saturday, February 18, 2017, 9am	Springettsbury 10K	Amy Meyers - 324-2311
Saturday, March 4, 2017, 9am	Northeastern 5k	Greg Cauller - 578-6539

****NEW THIS YEAR****

1 MILE RUN STARTS AT 12:35 FOR SUNDAY RACES AND 8:35 FOR SATURDAY RACES

Please note: For the safety of all, no dogs are permitted on the course. Headphones are discouraged. All Winter Series races will be held in typical winter weather, which includes snow, ice and cold temperatures. In case of severe weather or dangerous levels of ice, the race will be cancelled. Check for cancellations at www.yorkroadrunners.com or call the race director. Cancelled races will not be rescheduled with the exception of the final race of the series.

Registration is available online through the YRRC website, by mail or at any race.

Cost: \$25.00 – covers any/all of the main events as well as any/all one milers

\$8.00 – covers any/all of the one milers only

\$50.00 – maximum family fee for all races (a family is defined as immediate family members residing in the same household)

Make checks payable to: **YRRC Winter Series**

Mail to: Heather Roe, 1135 Stewart Street, York, PA 17408

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Sex (M/F) _____ Birth Date _____ Age as of 11/6/16 _____

Phone _____ Email _____

Print Name of Individual or Minor for whom this Release is submitted

Signature of Individual, or Parent/Guardian if signing for a minor

Date

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- **Dover 10 Miler:** (5161 N. Salem Church Rd. Dover 17315)PA Rt 74 north to Dover, left (west) on Canal Rd., right on North Salem Church Rd., right into North Salem Elementary School
- **Spring Valley 4 Miler:** (GPS Coord Lat 39°49'47.91"N Lon 76°39'10.92"W) I-83 S 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. **PARKING ON CREST RD. IS DISCOURAGED. PARK IN THE MAIN PARKING AREA.**
- **Dallastown 10K:** (700 New School Ln. Dallastown 17313) Queen St (Rt 74) south to Dallastown. Go to the first traffic light (Turkey Hill on right) and turn right on Walnut St. Stay straight on Walnut St. about 1 mile. This road brings you behind the school and into the stadium. Bear left at the stadium (between the stadium and school to the parking lot).
- **John Rudy Rail Trail 5 Miler:** (400 Mundis Race Rd. York 17406) Heading north on Route 24 turn left on to Mundis Race Rd (approx. 2.8 miles north of Rte. 30). Turn right into the first park entrance. Eastern Hemlock Pavilion.
- **Indian Rock 10K:** (1500 Indian Rock Dam Rd. York 17403)Heading south on George Street to York Hospital; Turn right on Country Club Road. Right on Richland; Left on Indian Rock Dam Road. Indian Rock Elementary on left.
- **Jacobus 5 Miler:** (200 N. Main St. Jacobus 17407) I-83 south to exit 14 (Leader Heights); Right (west) on Leader Heights Rd. Left (south) on George Street. Follow into Jacobus turning right onto Church St or other parking in the area.
- **Springettsbury 10K:** (3520 Pleasant Valley Rd. York 17406) Route 30 east to Mt Zion Rd exit. Left at light. Right on Whiteford Rd. Springettsbury Park on left at 1401 Williams Rd, York 17402.
- **Northeastern 5K:** (300 High St. Manchester 17345) I-83 North to Exit 24 (Emigsville Exit).Travel straight thru traffic light (Board Rd) to the 4 way stop sign. Turn Right onto Musser St. Left at light onto Main St. (Rt 181). Right at light onto Maple St. Then a quick left onto High St. 300 High St, Manchester,