



KEEPING TRACK

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YRRC NEWSLETTER # 208 April - May 2010 PRESIDENT'S MESSAGE by Doug Barnett

Good things going on within our club !!

I hope that some of the club members have noticed some changes with the YRRC. Bob Breighner and I are trying to open up the lines of communication to get the word out that we have a very active running club.

How do we do that ? We are sending out weekly emails that keep you up- to-date on the weekend runs. We are meeting at various locations through York County on Saturday and Sunday mornings. These events are open to all runners of various pace and skill. Please do not be intimidated. All it takes is one leap of faith. If you are not receiving these updates please send us your email address and we will be glad to include you. We are also trying to pair up runners based on pace and mileage. If you would like to be paired up with someone close to your running pace please email myself or Bob Breighner.

The other way to keep updated with information about your club, is Google groups. On Google groups once you sign up and become a member you are able to post just about anything and it is another way of staying in touch with other club members. It is very easy to join and gets you involved with your club. After all it is your club.

Did you know that you can use your old running shoes to help others? I am sure that most of you have several pair of old running shoes lying around in the garage or in your closet that you would be happy to donate to a good cause. Greg Baum is donating these old shoes to many local charities, so by donating your old shoes you help others.

In addition, there is a new way to get connected with the YRRC past. We have added a link on our website that will send you back in time. Bob has been working very hard on scanning our old newsletters and posting them on the website. It really is quite interesting to read them and see how the club has evolved and has grown through the years.

Finally, the most important thing to remember is what some of the charter members of the club have told me that they did in the good old days. “Just show up and run”.

See you on the road and trails,
Doug B.

Winter Series Wrap Up

Just one hour and 32 minutes before spring arrived the final Winter Series race was under way. It was truly an historic season, with three cancellations in a series known for running in extreme weather conditions. Despite the adversity, numbers were only slightly down from previous years – looks like when a race was held, people were more than ready to lace up their running shoes and head out. A huge thank you to our sponsors – Orthopedic and Spine Specialists and Ray Ricke Auto Sales – the race directors, volunteers, timers, and everyone who made the series possible. We worked our web master, Julie Bear, particularly hard this year in getting all the cancellations and updates posted in a timely fashion. The annual Unsung Hero Award was presented to Paul Makurath, who works diligently behind the scenes to ensure insurance coverage for all of the races. Paul is one of those quiet guys who shies away from recognition, but is always there to volunteer. Congratulations, Paul! Also recognized were Tom and Rosa Schaffstall, who are stepping down after 20 years of directing the Indian Rock 10K. Thank you for your many years of service. Planning will soon begin for next season’s Winter Series. If you have any input, please feel free to share it with the coordinators. We are still looking for a new director for the Springettsbury 15K. If you are interested, please contact Jan Workinger or the series coordinators. Thank you to all who participated this year. Enjoy the upcoming warm weather running, but know that we look forward to seeing you at the next Winter Series.

Gretchen Walter and Margaret Moore
Winter Series Coordinators

Lend a Helping Hand!!

The YWCA York is looking for enthusiastic people to **volunteer** for one or more of the following upcoming race events:

- **22rd Annual Lady White Rose 5K Run** – Saturday, April 17th at 9:00 am
- **Race Against Racism 5K Walk/Run** – Saturday, April 24th at 9:00 am
(Kids' Fun Run at 8:30 am)
- **6th Annual Ladies' Sprint Triathlon** – Sunday, June 27th at 8:00 am

For more information, please contact YWCA Fitness Director, Tara Neff (717) 434-1749 or tneff@ywcayork.org. Your support would be much appreciated!

RACE CALENDAR – March 2010 to December 2010

Contact Bob Breighner (rbreighner@selectmedicalcorp.com) for your race to be included. Note to Race Directors with Spring races, please get your information to Bob as soon as possible.

In addition to this listing, check out these websites for more lists of races:

York Road Races Calendar:	http://www.yorkroadraces.com/info_about_races.htm
Flying Feet Calendar:	http://www.flyingfeet.com/events.htm
Harrisburg Road Runners Calendar:	http://www.harrc.org
Lancaster Road Runners Calendar:	http://lrrclub.org/localraces.htm
Races to Run (Mid-Atlantic races):	http://www.races2run.com/
Marathon Guide:	http://www.marathonguide.com/races/races.cfm
Run the Planet:	http://www.runthepplanet.com/racesrunning/
Runners' Advocate:	http://users.erols.com/runadvte/
Runners' World Race Finder	http://www.runnersworld.com/cda/racefinder/
Pretzel City Sports:	www.pretzelcitysports.com

MARCH, 2010

- 6 **Winter Series – Indian Rock 10K, 12pm, (1 mile starts at 11:45am) Tom and Rosa Schaffstall 717-755-6806**
- 27 **20th Annual Kutztown Fools Run** – 10 mile and 5K run, Kutztown Optimist Club.
http://www.pretzelcitytiming.com/online_forms/10%20Kutztown%20Fools%20Run.php

APRIL, 2010

- 10 **Garden Spot Village Marathon and ½ Marathon, 8am,**
<http://gardenspotvillagemarathon.org>, Andrea Witkowski
awitkowski@gardenspotvillage.org

- 10 Stroehmann Bakeries Walk Against Hunger (and 5K Run), 8:30AM, Along MLK Drive, race starts and ends at the Philadelphia Museum of Art. www.hungerwalk.org Alison Miller 215-430-0555 ext. 107
- 18 Dash for Organ and Tissue Donor Awareness, 5K/10K Race; 3K Walk, 8:30am registration opens, Lori Ray, Lray@donors1.org , 215.557.8090 Ext. 1152, www.donors1.org
- 24 Josh Mottin Memorial 5K, 1pm one mile fun run & 1:30 -5k, John Rudy County Park, York, PA. Contact Connie Wolfe @717-757-1562, jlmom8288@comcast.net Website <http://int.cysd.k12.pa.us/mottin/>
- 24 York YWCA Race Against Racism 5K, 9am, YWCA of York PA Contact Bernadette Green @ 717-845-2631 bgreen@ywcaofyork.org Website: <http://www.ywcaofyork.org/news-events/lady-white-rose-run/>
- 24 Clinton County Historical Society 5K Charity Run, 10am, <http://www.clintoncountyhistory.com/5k.html>, Anne McCloskey, 570-748-7254 execdir@clintoncountyhistory.com

MAY, 2010

- 16 Bob Potts Marathon and 5K, 6:30am, <http://www.bobpottsmarathon.com/>
- 23 23rd annual Millersville Mile – 6:30PM, Contact: Judy Anttonen 717-872-8810, www.millersvillemile.homestead.com
- 23 Maryland Half Marathon, 7:30 a.m. www.mdhalfmarathon.com
- 23 “Hear We Go” 5K Run/Walk. 9AM Nemours Mansion & Gardens, adjacent to Nemours / Alfred I. duPont Hospital for Children. <http://www.runtheday.com/app/find> Shirley Morrison (302) 651-6839
- 29 23rd Annual Memorial 5K Run, 9am, www.va5k.com, Race Director: Daniel Petley, OD, daniel.petley@va.gov
- 29 Odyssey Half Marathon, Philadelphia, PA, www.OdysseyHalfMarathon.com

JUNE, 2010

- 4 Dallastown Great Strides 5K, 5pm, website: www.teamshad.org Contact: Joe Klinedinst - Joseph.Klinedinst@dallastown.net, 717-578-7438
- 5 Memorial Hospital Auxiliary Ladies 5K, 9am, Contact: Krista Darr (e-mail: kdarr@mtb.com)
- 5 18th Annual Journey for Sight 5K, 9am – run, 8:30am - walk, at Naylor Wine Cellars, 4069 Vineyard Rd., Stewartstown, PA. Benefits Stewartstown Lions Club. Contact Don Scarborough at 993-6846 (days) or 993-6942 (evenings) or don@ddscarb.com
- 19 Baltimore 10 Miler, 7:30am, <http://www.baltimoretenmiler.com/>
- 27 Baltimore Women’s Classic 5K. 8am, Website <http://www.baltimorewomensclassic.com/> Contact: info@baltimorewomensclassic.com

JULY, 2009

- 4 Liberty Day 10K, 8:15am, Moul Field, W. Middle St., Hanover, PA. Contact South Penn Road Runners.

AUGUST, 2010

- 28 The Arc of York County’s Rail Trail 10-Miler, 8am, Contact- Jim Poster, 846-6589, jposter@thearcofyorkcounty.org

SEPTEMBER, 2010

- 18 **Trails for Tails Ultra 40 mile run and Team Relay** (up to 10 participants), 7am, Codorus State Park, Hanover, PA. <http://www.trails4tails.com/> Contact Kev and Faye Hawn hawnsrun@comcast.net.
- 19 **Woodrow Wilson Bridge Half Marathon**, 7:30am, begin at Mount Vernon home of George Washington and end at National Harbor resort in MD. www.wilsonbridgehalf.com. Steve Nearman 703-587-4321.

OCTOBER, 2010

- 9 **7th Annual Dr. Segro Memorial 5K**, 9am in Red Lion, www.rlasd.k12.pa.us (click on Links, then on Dr. Segro Memorial Site, then click on Race Application). Contact: David Anderson dlaaea@verizon.net or 717-880-2400.

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

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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 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: (Finish boards, mile markers, chute equipment)	\$50/*\$60
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

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.

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!

