



KEEPING TRACK

President	Doug Barnett H: 891-5016 dbarnett1961@comcast.net
Co-President	Bob Breighner H: 244-6865 5breighners@comcast.net
VP-Membership	Denise Tushingam H:637-7706 ddtushingam@embarqmail.com
VP-Merchandise	Carolyn Darr H: 741-3693 darrsrun@aol.com
Co VP-Merch	Hal Darr H: 741-3693 darrsrun@aol.com
VP-Newsletter	Margaret Moore H: 843-4202 mgmrun@verizon.net
VP-Race/Activities Development	Brett Pfeifer H: 292-7878 brettpfeifer@yahoo.com
Treasurer	Dave Tushingam H:637-7760 ddtushingam@embarqmail.com
Secretary	Gretchen Walter H: 542-5994 runninggoddess1@yahoo.com
Membership Data Coord:	Robert Weikert H:755-1286 yorkrunner@comcast.net
Race Calendar Coord.	Robert Breighner H: 244-6865 5breighners@comcast.net
Web Master	Brandon Parks H: 654-0052 parks@brandonparks.com
Club Info Web Site: yorkroadrunners.com 	

YRRC NEWSLETTER # 211 Oct - Nov 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 throughout 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 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 Goggle 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 Barnett, President, York Road Runners Club

YRRC Minutes August 2, 2010
Meeting started 6:20PM

Attending Board Members:

Doug Barnett – Co-President
Bob Breighner – Co President/Race Calendar Coordinator
Gretchen Walter – Secretary/Winter Series Coordinator
Hal Darr – Merchandise Club Gear
Margaret Moore – Newsletter Editor/Winter Series Coordinator
Brett Pflieger – VP Race/Activities Development
Brandon Parks - Webmaster

Non-Attending Members:

Dave Tushingam – Treasurer (excused)
Denise Tushingam – VP Membership (excused)
Bob Weikert – Club Equipment Manager (excused)

Merchandise:

- Merchandise sales at Alumni Trace Meet and Flying Feet Tent Sale
Totaling \$76
- Will purchase new items as current merchandise decreases.
- Discussed possibly giving a piece of merchandise away as a random prize at races.

Newsletter:

- Has been completed and waiting to be sent.

- Needs a new format. Having trouble getting people to submit information.
- Discussed changes or possibly dissolving newsletter.

Race Activities

- There was an information meeting with the sales person for the potential chip timing system.
- Discussed the pros and cons of chip system prior to voting. Voted on chip timing.....majority of votes were a yes so we are moving forward with the purchase.
- Karen Mitchell is coming on board to take over timing system schedule

Treasurer report:

- Purchased Orioles baseball game tickets and restaurant gift card to acknowledge all the volunteering and donated materials Greg Baum has given the YRRC Club.
- Paid for Flags cones and signs for racing events.
- Paid for time clock repairs.
- Paid bill to Athletic lettering.
- Received \$1,045.00 for timing fees

Website:

- Brandon Parks is taking over as webmaster for the YRRC website.
- Website has been updated which was displayed at meeting
- YRRC is now on Facebook.
- Julie Bear will receive a gift card to thank her for all her years of service.

Winter Series:

- Discussed race dates.
- Discussed Sponsorship
- Discussed changes in series give-aways.
- Discussed number of races and possibly dropping one or two races.
- Discussed the dates and order of the races.
- Replaced director for Saginaw....from Jack Goodwin to Kate Thompson
- Brandon Parks will co-chair Dallastown Wildcat with Bob Breighner
- Will give random merchandise door prizes at final race.
- Discussed possible reduction in registration cost.

Races:

- Apple Automotive 5K race is scheduled for October 2....new race.

New Business:

- Apple Automotive 5K race is scheduled for October 2....new race.
- Giving merchandise prizes

Meeting adjourned 8:04PM

Winter Series 2010/2011

Preparations are underway for the 2010/2011 York Road Runners Winter Series. Once again Orthopaedic and Spine Specialists is the proud sponsor of the series. We thank them for their generous support of local running. The series will kick off on Sunday, November 21 at 1:00 in Dover for the 10 miler. The full schedule is posted on the the club's website at www.yorkroadrunners.com. Applications for the series can be found on the website, at Greg Baum's Flying Feet and at various gyms throughout the area.

A few changes were made for this year's series. First, there are some personnel changes. Brandon Parks will be mentored by Bob Breighner to take over the Dallastown Wildcat 10K. "Smilin" Joe McMaster has stepped up to direct the ever chilly Accomac 8K, and Kate Thompson will take charge of the Saginaw 5K. The Jacobus 5 miler will be in the hands of Deanna Miller with the assistance of Joe Myers. Jeff Georg will end the series with his directorship of the Indian Rock 10K. We welcome aboard all of the new directors, and bid a fond farewell to those whose service over the past years is greatly appreciated. This includes Jack Goodwin who led the Saginaw 5K (originally the always icy 10K), Tom Shepp of Spring Valley fame, and Tom and Rosa Schaffstall who directed Indian Rock for 20 years. If anyone is interested in apprenticing with Jan Workinger to take over the Springettsbury 15K, please let him know. There is great reward in directing races.

The one other change involves the cancellation/rescheduling policy. Who can forget last year's debacle with cancelled races followed by cancellation of the rescheduled races? Although the rescheduling policy sounded good on paper, when actuated last year (over and over again), it was noted that it is simply not practical. The new policy is simply this: if a race needs to be cancelled, it will not be rescheduled. Participation awards will be adjusted accordingly. We will do our best to assure good weather – it couldn't possibly be worse than last year!

We look forward to having everyone join us this year for another exciting Winter Series. If you have any questions, please feel free to contact the series coordinators or any of the race directors. See you in Dover!

Winter Series Coordinators:

Gretchen Walter – 542-5994 runninggoddess1@yahoo.com

Margaret Moore – 843-4202 winterseries@verizon.net

RACE CALENDAR – October 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>
Southern York Trailblazers <http://www.soyotrailblazers.com/>
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.runtheplanet.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

OCTOBER 2010

- 2 **Apple Automotive 5 Miler, Apple Chevrolet dealership on Route 30 at 8AM.** Contact: Jeff Georg at jeffgeorg@ascomelectric.com or Christine Deerin at christinedeerin@yahoo.com
- 2 **Dallastown Dollars for Scholars 5K, 9:30AM,** Dallastown High School (registration at track). Contact: Derek Breighner 244-6865 or 5breighners@comcast.net
- 3 Bark in the Park 5K and 1 mile dog walk, 5K begins at 12 noon, and the dog walk begins at 12:30 PM, www.pavetfoundation.org. Contact: Cindy Albright Ward at cellorun@ptd.net
- 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.

- 10 **Mina Miller 5K and 1 mile fun run**, 9am (1 mile), 10am (5K); York SDA Church - 2220 Roosevelt Ave., York. Contact: dereksandstrom@epix.net; (717) 932-1003
- 16 **Officer David Tome Memorial 5K and fun run, 9am**, Papermakers Stadium in Spring Grove, PA. Contact Lisa Smith at 717-225-4731 x3031 or smithl@sgasd.org
- 16 Cornwall 5K, 9:30am, Cornwall Elementary, Lebanon, Contact Heather Honey at 270-6690 cornwallPTO@gmail.com; website: <http://www.clsd.k12.pa.us/CornwallElementary.cfm?subpage=40631>
- 17 **Partners in the Park, Rocky Ridge Park, 2PM. More information to come. Save the date.**
- 23 **White Rose 5 Miler, 8:30AM** at Sovereign Bank Stadium, York. www.yorkwhiteroserun.com
- 24 Laurel House 5K Dash, 9am, North Wales, PA, Contact: Tina Reynolds, 610-277-1860 www.laurel-house.org

NOVEMBER 2010

- 6 Bird-in-Hand Half Marathon, 8am. Also a 5K at 8:30am.
- 14 Running for Answers 5 miler, 8am, West River Drive, Philadelphia, Contact Sera Snyder at sera.snyder@gmail.com website: www.runningforanswers.com
- 25 **14th Annual YMCA Turkey Trot 5K**, 9am, York, Contact: Karen Ruppert 717-843-7884 ext 263, kruppert@yorkcoymca.org. website: <http://yorkcoymca.org>

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!

