



### ***KEEPING TRACK***

<b>President</b>	Doug Barnett H: 891-5016 <a href="mailto:dbarnett1961@comcast.net">dbarnett1961@comcast.net</a>
<b>Co-President</b>	Bob Breighner H: 244-6865 <a href="mailto:5breighners@comcast.net">5breighners@comcast.net</a>
<b>VP-Membership</b>	Denise Tushingam H:637-7706 <a href="mailto:ddtushingam@embarqmail.com">ddtushingam@embarqmail.com</a>
<b>VP-Merchandise</b>	Carolyn Darr H: 741-3693 <a href="mailto:darrsrn@aol.com">darrsrn@aol.com</a>
<b>Co VP-Merch</b>	Hal Darr H: 741-3693 <a href="mailto:darrsrn@aol.com">darrsrn@aol.com</a>
<b>VP-Newsletter</b>	Margaret Moore H: 843-4202 <a href="mailto:mgmrun@verizon.net">mgmrun@verizon.net</a>
<b>VP-Race/Activities Development</b>	Brett Pfeifer H: 292-7878 <a href="mailto:brettpfeifer@yahoo.com">brettpfeifer@yahoo.com</a>
<b>Treasurer</b>	Dave Tushingam H:637-7760 <a href="mailto:ddtushingam@embarqmail.com">ddtushingam@embarqmail.com</a>
<b>Secretary</b>	Gretchen Walter H: 542-5994 <a href="mailto:runninggoddess1@yahoo.com">runninggoddess1@yahoo.com</a>
<b>Membership Data Coord:</b>	Robert Weikert H:755-1286 <a href="mailto:yorkrunner@comcast.net">yorkrunner@comcast.net</a>
<b>Race Calendar Coord.</b>	Robert Breighner H: 244-6865 <a href="mailto:5breighners@comcast.net">5breighners@comcast.net</a>
<b>Web Master</b>	Julie Bear H: 755-0419 <a href="mailto:rescuemal@aol.com">rescuemal@aol.com</a>

**Club Info Web Site: [yorkroadrunners.com](http://yorkroadrunners.com)** 

**YRRC NEWSLETTER # 207 February – March 2010  
PRESIDENT’S MESSAGE by Jan Workinger  
(outgoing president)**

**Please join me in welcoming your YRRC Officers for 2010/2011:**

**President:** Doug Barnett  
**Co-President:** Robert Breighner

**V.P. Membership:** Denise Tushingam

**V.P. Merchandise:** Carolyn Darr  
**Co-V.P. Merchandise:** Hal Darr

**V.P. Newsletter:** Margret Moore

**V.P. Race Activities and Development:** Brett Pfeifer

**Treasure:** Dave Tushingam

**Secretary:** Gretchen Walter

**Membership Data Coordinator:** Bob Weikert

**Race Calendar Coordinator:** Bob Breighner

**Webmaster:** Julie Bear

The YRRC Executive meetings are always open to club members to express ideas and/or concerns you might have. However, so that we can schedule time accordingly to hear your message, it's always appreciated if you contact Doug Barnett ahead of time so he can schedule you into the meetings. The meetings start promptly at 6:00pm and finish at 8:30pm. Below is the YRRC meeting dates for 2010:

**Where:**

The Wellspan Center  
915 Indian Rock Dam Road (corner of Indian Rock Dam Road and Richland Avenue)  
York, PA 17403

**Dates and Times for 2010 Executive Committee Meetings:**

February 1, 2010	April 5, 2010
June 7, 2010	August 2, 2010
October 4, 2010	December 6, 2010

Run safely....and remember your reflective wear & ice cleats if needed!

Best Regards,  
Jan Workinger

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**President's Message**  
**By Doug Barnett – incoming president**

Two for the Price of One!!!

First let me introduce myself, my name is Doug Barnett and I have been a member of the York Road Runners Club (YRRC) for several years. I have made many great friendships through the club and have enjoyed some great times during our races. During many of our winter series races I am one of a few crazy people still wearing shorts and a t-shirt. And I am your new Co-President for the York Road Runners Club!!!

As my title states there is a second member of this group. Many of you know Bob Breighner. Bob became famous a few years ago by adding the now famous Dallastown Wildcat 10-K to the winter series. Not only is he famous for bringing those big Dallastown hills to us. He is also famous for the great chicken soup after the race.

I believe that the two of us working together will be a great fit for the York Road Runners Club. I pride myself in being a people person and going that extra mile to make people feel welcome.

Bob is more of a behind the scenes guy and a great organizer. Our two personalities could not work any better together.

Your club is being handed over to Bob and me in great shape. Jan Workinger has done a great job in keeping our club strong and helping it grow in membership. Jan could not have done this without all the great people that help run this club. Bob and I have inherited many of these fine people and we are looking forward to working with each and every one of them.

Bob and I have some new ideas for the club and the future is very bright for YRRC. And as always communication is always the key so please feel free to drop us an email or talk to us at one of the many events. We both look forward to working very hard to maintain the wonderful club and serving the members. See you on the roads and trails!!

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## **YRRC Minutes February 1, 2010**

### **Attending Board Members:**

- Jan Workinger - President
- Doug Barnett - Future President
- Dave Tushingham – Treasurer
- Gretchen Walter – Secretary, Winter Series Coordinator
- Bob Weikert – Club Equipment Manager
- Brett Pfeiger - VP Race/Activities Development
- Margaret Moore - Newsletter Editor, Winter Series Coordinator
- Hall Darr- Merchandise Club Gear

### **Non-Attending Members:**

- Julie Bear - Webmaster (excused)

Denise Tushingam – VP Membership (excused)  
Bob Brightner - Future Co-President, Race Calendar (excused)

Beginning Time 6:18PM

YRRC Membership - 339

Presidency Transition

- Jan Workinger's last meeting. Transferring presidency to Doug Barnett answering the who, what, where, when, and how of the club:
- Julie Bear is unable to attend YRRC meetings due to work schedule. If changes to webpage are needed she can be emailed for immediate changes. Waiting for photos of officers to be posted

Merchandise Club Gear

- Merchandise transfer to Hal and Carolyn Darr. Jan Workinger asked Julie Bear to change chair information on website.
- Went over merchandise photos with Hal Darr. Discussion of what sells and how items are displayed for races. Recommendation to keep three each of every item in each size and color.
- Hal requested to purchase a table for merchandise display

Newsletter

- Margaret handles the processing and the deadlines, which have been established.
- She would like to enhance the newsletter to have a feature article on a runner in each edition.
- Would like to put newsletter as PDF on googlegroups and get rid of paper copy.
- Jan suggested if the newsletter does get published as a PDF that a paper copy be mailed to members who do not have access to the Internet.

Membership

- Membership cards must have name or current resident in order to arrive to residency, which has been a past issue. Bob Weikert will email Dave Tushingam the information, which needs to be completed on the postal form.
- Discussion about updating mailing and how to contact members who have moved or changed contact information.

Race Equipment

- Bob Weikert's cell phone number 891-7985 to be published.
- Request for more mile markers and kilometer markers. Jan will ask Sue Weikert with Brewery Products.
- Need safety vests and getting pricing.

- Bob Weikert bought 12 new flags and 8 high reflective vests 4 medium and 4 large. Flags were \$3.71 and vests were \$8.50 each.
- Plastic signs were not purchased due to quality.
- Need to buy yellow, blue and red flags and poles for cross-country course.
- Hal needs flags for possible Perrydale race. Suggestion was orange surveyor flags. Bob Weikert and Brett Pfeiger will investigate. Jan moves to purchase flags.
- Club gear inventory is being stored in Bob's barn.
- Ten more "Runners on Road" signs being made. Penny Hornock is painting words on the signs and Jan's brother will put hardware on.
- Just purchased new coolers.
- Need to replace running finishers placement boards. Club currently has 8 boards yet, needs 4 more. The easels are in bad shape. They need to be refurbished with new hardware.
- Suggestion proposed to make a fun run board. Bob Weikert will take care of getting them made.
- Bob has the old wooden chutes. He will hold onto them for back up. The club has 36 plastic chutes now. The easels are in bad shape. They need to be refurbished with new hardware. Put clamps at top to hold the boards.

#### Treasurer Report

- Club has \$19,758.22 in account. Renewed the CD at 1 ½% for 7 months. End of February will be up over \$20,000. We should be well over \$25,000 this time next year.
- There was a discussion about what races to donate club money to. Bob Weikert will look at each request and with the president and treasurer will make a decision on a case-by-case basis.

#### VP Race/Activities Development

- Working on chip timing system. Looking for financial support. Original major sponsor backed out.
- We would like club to own timing system, but to have sponsor's name on chips. Discussion of different cost of sponsorship options.
- Wellspan Series still interesting in pursuing and hiring chip timing for series races,

#### Winter Series

- Issue of dropping races out of series is a non-issue.
- We have a potential race for Accomac next year.
- Two races have been canceled due to weather. Proposal made for next year to cancel instead of postponing a race.
- Since we lost 2 races due to weather this year, proposal made to give a discount to next year's races to any runner who pre-registered this year and did not pick up bib number.

- We will be modifying awards requirements.
- Mugs from 08/09 series for sale at a discount price.

**New Business**

- Hal Darr asked that in the future, prior to posting emails, to ask race directors.
- Discussed the possibility of a Perrydale Cross Country Race.
- Discussion about starting a Facebook account in addition to or in place of Googlegroups. Voted to stay with googlegroups.
- Discussion if a person would write articles, the disadvantage of putting on googlegroups. Also the advantages vs. disadvantages of possibly posting the YRRC newsletter on goodlegroups.

Meeting adjourned 8:31PM

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**Winter Series Update**

This has been an historic Winter Series, although for reasons we don't care to boast about. Mother Nature has taken the upper hand and forced the cancellation of Spring Valley and Dallastown – not once, but twice for each race. And winter is far from over. Much goes into the planning of each of these races and the race directors want nothing more than to stage their events. The decision to cancel a race is not taken lightly. Much goes into making the decision - first and foremost is the safety of the runners. Once a race is cancelled, the directors have one week in which to attempt to restage the event – reserving the facilities, securing volunteers and fire police, notifying the municipality, and hoping that the weather improves. It is a daunting task and a great disappointment when, despite all the efforts, the race is cancelled yet again. We greatly appreciate your support and understanding. Needless to say, the participation award criteria will be adjusted based on the actual number of races Mother Nature permits us to have this year. Stay tuned.

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## LOST-BUT-FOUND COLUMN FOR 2009

by Tom Schaffstall

Here we are once again! Another year has gone by since I wrote a column like this. The FYI below may be redundant to some but it's my idea of what this column is about so please, bear with me here.

FYI - For those of you that are new to the Club, this column was started in the early 90's originally to report funny or unusual items found along the roads or wherever. We've had some pretty unusual finds in the past from cell phones, to bowling balls, to XXX videos. Later, a competition of sorts took place between a few running families and individuals mainly concerning money found out and about. The most notable in the past in the competition were the VanHouwes', the Nelsons', the Moyers', the Schaffstalls', and being more consistent with reporting in for the last few years is Karen Kneupfer and partner in crime, Patti Stirk. We're glad to have Doug Moyer back reporting in this year since he took the year off from this competition in 2008. Nevertheless, it's the 8<sup>th</sup> consistently reported year in a row now for the other 3 running families. Also, as before, Jane Nelson continues to be consistent with Bill not being able to be out and about much. Our thoughts and prayers continue to be with you, Bill.

Now on to the reporting of the competition counting down from #5, last place, to #1, the "Top Dog" finders of the year.

In 5<sup>th</sup> and last place are Rosa and Tom Schaffstall. Yes, your columnist and his lovely wife are last, again. I must say though, we were 5<sup>th</sup> last year too but not last overall. Our total was a measly \$3.42. This was a far cry from our PR back in 2005 of \$23.59. Just to comment on how fierce this competition actually is, that 5<sup>th</sup> place last year was actually our 2<sup>nd</sup> highest amount ever found. I'd like to brag here about our 20 year total. It's now \$181.82. I must admit that Rosa found most of the money. I now cannot run due to osteoarthritis in some of my joints so I just can't see money on the road as well riding my 21 speed bike or working out in our indoor exercise room. Of course, running more or less for about 36 years in a row didn't help either. I stared running pretty hard and long when I was 16 and actually slowed up considerably about 7 years ago. I really hate slowing down and missing that comradery with friends like Scott McClosky, Dave Anderson, Ron Herman, Les Bell, and Ed LeCates. You don't have to worry about me anymore, guys!

In 4<sup>th</sup> place, with a nice amount of \$17.92, is Doug Moyer. He has nothing to complain about with this find even though he gave the excuse that he didn't get in many miles with his old body breaking down. Most of his money was found as he ran around the York Township Park admitting that money is seldom found there. However, it did pay off for him with one \$15 find - \$16 in bills and \$1.92 in chicken feed. Great work, Doug!

In 3<sup>rd</sup> place, with \$24.40 found mostly from walking here and there, is Jane Nelson. We all should shop at the Giant on Pauline Drive. Jane found a \$20 bill there in the parking lot one windy day last year. We all should be sure to look

around near the cart return since there was the bill caught in the wheels of a cart. Nice work, Jane! This was much better than her measly \$5.28 reported last year but far from the value of a gold chain Bill found a few years ago cashed in for \$186. I'll report here that Bill contributed to Jane's amount this year because he found 10 cents while in his wheel chair on a November shopping trip with some other residents of Rest Haven. Keep in mind that anyone, doing anything, and being anywhere, can find "stuff" of value, or not. Let this be a dare to everyone to get involved with this competition and join us for the 2010 competition. I just dare you!!!!

In 2<sup>nd</sup> place, slipping a bit from being in 1<sup>st</sup> place last year, with a big chunk of cash totaling \$30.21, is Karen Kneupfer. She admits that all that is not entirely to her credit. Apparently, as before, Patti Stirk-Hines contributed "a handful or two" to what they call is their "road-kill" total. Nice work, gals! By the way, I'm wandering how much is found by Jeff Osman and is some found east of York in Ocean Grove, NJ? These details need to be point out more precisely in the future. How about it, Karen? Anyway, great job to all involved!

Finally, in 1<sup>st</sup> place, getting the "Top Dog" award for 2009, are Lynn and Dan VanHouwe. They came from 2<sup>nd</sup> place for 2008 having found \$28.56 to this year's mega amount of \$37.43. Wow! Nice work you two!!!!!!!!!! If you remember, Lynn gave an excuse that living in Delroy, with all the hills, that they wouldn't be finding that much money along the roads. Was she wrong! As you can see, living the entire year over for 2009 was better than she hoped. I'll bet Dan planted some cash along their running route so Lynn would end up finding and reporting that in their stash. Being an organizational fanatic, Lynn keeps track of their finds by the month in which they find the \$ in. Go figure that July was their least amount found with \$.46, May was the month with the most found with \$13.49, and 9 months with over 1 dollar found. It looked like the first part of 2009 was more productive than the last part of the month. So, excellent work you two!

Thanks for all the reports this year. Anyone wanting to join the fun can email Tom at his address at [tschaffstall2431@comcast.net](mailto:tschaffstall2431@comcast.net) or call on his cell at 717-887-9987 or home at 717-755-6806.

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### **RACE CALENDAR – JANUARY 2010 to December 2010**

Contact Bob Breighner ([rbreighner@selectmedicalcorp.com](mailto: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](http://www.yorkroadraces.com/info_about_races.htm)

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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.runtheplanet.com/racesrunning/>

Runners' Advocate: <http://users.erols.com/runadvte/>

Pretzel City Sports: [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

#### **JANUARY, 2010**

- 2 **Winter Series – Accomac 8K, 9am, (1 mile starts at 8:45am) Amy Strayer 717-855-0406**
- 9 **Freezing Cold Hash Run (3 - 5 mile group trail run), 9:50am, Edison, NJ, Online registration: [www.active.com](http://www.active.com); Kenneth Vercammen, Esq, (732) 572- 0500; [kenvnlaws@verizon.net](mailto:kenvnlaws@verizon.net); [www.njlaws.com/FREEZING\\_COLD\\_HASH\\_RUN.htm](http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm).**
- 16 **Winter Series – Saginaw 5K, 9am, (1 mile starts at 8:45am) Jack Goodwin 717-600-2282**

#### **FEBRUARY, 2010**

- 6 **Winter Series – Jacobus 5 miler, 9am, (1 mile starts at 8:45am) Joe Myers 717-252-1183**
- 20 **Winter Series – Springettesbury 15K, 9am, (1 mile starts at 8:45am) Jan Workinger 717-755-1856**

#### **MARCH, 2010**

- 6 **Winter Series – Indian Rock 10K, 12pm, (1 mile starts at 11:45am) Tom and Rosa Schaffstall 717-755-6806**

#### **APRIL, 2010**

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

#### **MAY, 2010**

- 16 **Bob Potts Marathon and 5K, 6:30am, <http://www.bobpottsmarathon.com/>**
- 23 **Maryland Half Marathon, 7:30 a.m. [www.mdhalfmarathon.com](http://www.mdhalfmarathon.com)**
- 29 **23rd Annual Memorial 5K Run, 9am, [www.va5k.com](http://www.va5k.com), Race Director: Daniel Petley, OD, [daniel.petley@va.gov](mailto:daniel.petley@va.gov)**

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

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**PRESORTED STANDARD  
U.S. POSTAGE PAID  
YORK, PA  
PERMIT # 412**

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Ted Gregg  
Or Current Resident  
41 Crosswind Drive  
Shrewsbury, PA 17361

1736151842 0001



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

<b>Dues:</b>	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!

