



KEEPING TRACK

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Club Info Web Site: yorkroadrunners.com 

YRRC NEWSLETTER # 210 Aug - Sept 2010 PRESIDENT'S MESSAGE by Doug Barnett

A Big Thank You !!!

He has always been there. Greg Baum has always been there since I started running in York, PA. The very first organized race that I ran in was at the York Hospital Fete 5-K at the York Fairgrounds in 1982. I am not one-hundred percent sure but I am willing to bet that Greg Baum was there. Anyone that has done a race in the York area has seen Greg's smiling face at the very end of a race. He is always standing close to the finish line and the timing clock. He was just always there!! Greg Baum is just one of those people that you can always count on to show up and get the job done.

I remember sitting in my warm car at Spring Valley Park on one of those many cold Sunday afternoons during the winter series. Greg climbs out of his van and starts setting up the timing clock with just a light coat on and no hat and no gloves. I remember thinking what a very dedicated man that Greg Baum is to take time out of his Sunday afternoon, when he could be home with his feet up and watching football instead of being outside setting up a clock so that we can all run a race and then we go home and take a nap.

Due to the many strains in life that we all face Greg has notify the club that he is ready for a break. He has been doing so many races and so many behind the scenes projects that he is ready for some relief. We are now in the process of finding some great people who are willing to take over Greg's duties. There is no way that any one person will be able to replace the dedication that this man has put forth into helping build the wonderful and solid club that we are all part of and enjoy.

Well we are here as a club to say a BIG THANK YOU to Greg. Thank you so much for always being there to help promote running in the York area. Thank you so much for all of the advice that you have shared with countless numbers of runners and for being one of the solid rocks that has help build this club.

Your task as a club member is to give Greg Baum a BIG THANK YOU the next time you see him. That may very well be the next organized race that you participate in and when you cross that finish line and see the timing clock Greg Baum just might be there.

See you on the road and trails,
Doug B.

YRRC Minutes June 07, 2010
Meeting started 6:30PM

Attending Board Members:

- Doug Barnett – Co-President
- Dave Tushingham – Treasurer
- Gretchen Walter – Secretary, Winter Series Coordinator
- Hal Darr – Merchandise Club Gear
- Margaret Moore – Newsletter Editor, Winter Series Coordinator
- Brett Pfeiger – VP Race/Activities Development

Non –Attending Members:

- Bob Breighner – Co-President/Race Calendar Coordinator (excused)
- Bob Weikert – Club Equipment Manager (excused)
- Denise Tushingham – VP Membership (excused)
- Julie Bear – Webmaster (excused)

Membership:

- Currently 314 memberships. Membership is down 15% from 2 years ago.
- Suggestions to put pamphlets in race bags promoting membership.
- Promote membership at the races and have literature at race.
- Attach membership registration to newsletter and/or send as an attachment on a group email.

Equipment:

- Boards and mile markers were made for races. The club will send a thank you.

Merchandise:

- YRRC will have a stand at the Flying Feet Tent Sale.
- No merchandise has been sold since Winter Series Race.

Chip Timing System:

- Entered into a partnership with OSS for \$15,000.00 sponsorship toward chip timing system. This will be 5 year sponsorship. All proceeds from races will be in conjunction with any open house and/or sponsorship. OSS will have approval of any additional sponsors and right of refusal with minor sponsorships. OSS check will be given in July 2010.
- Going with reusable chips.
- There will be a mandatory officer's meeting with a live presentation of the timing system before a decision is made to move forward with the system.

Newsletter:

- Received new race applications to place in newsletter. Any out of county applications were charged a fee in the past. Club officers voted to eliminate fee for out of town applications.
- Discussion regarding newsletter information being obsolete when it's mailed out. Considering an online newsletter.

Treasurer:

- Funds for Winter Series were spent to cover expenses which have risen dramatically.
- CD is due. Treasurer is shopping around for better deal.

New Business:

- Julie Bear would like to resign. Club is looking for a new webmaster.
- Deb Zeigler is interested in being the EMT for YRRC races. Dover Ambulance Club also showed an interest.
- New races:

Jeff George, Bob Breighner and Doug Barnett will direct the new Apple Auto Parts Race that will take place on Sept 25.

- Bob Breighner is resigning from the Dallastown Wildcat 10K race. He will transition a new director.
- Fee may have to be raised to pay race timers.
- Club picnic: Proposal to change the date for the picnic. Club may change the picnic to be held after a race in the fall.

Meeting adjourned 7:55PM.

Does anyone know what Aug.21st is? I will help you out it is National Trail Running Day. (Who Knew?) So why not celebrate this running holiday by running York's first of its kind trail run. That's right all you macadam slapping road runners give some trail stomping a try. Saturday August 21st at Rocky Ridge Park the first annual On The rocks Trail Run will be under way. The race has a 7:30 a.m. start so get to bed early the night before. The proceeds will benefit The Margaret E. Moul Home of York. The Margaret E, Moul Home is home to adults with cerebral palsy, spina bifida and other neuro muscular diseases. So lend your legs to help them out.

On the Rocks Trail Run has been a dream of race director Scott Newcomer since he ran his first trail run 4 years ago. The more experience he gained as a trail runner the more he thought why not York with all the parks and trails in our backyard we need a trail run here. If you never ran trails before you don't know what you are missing. There is something so exhilarating about running in the woods negotiating single tracks, leaping over an occasional log, and getting your feet wet. There will be no wet feet at On The Rocks due to bridges (darn).

The run is open to runners and hikers over 18 years old. Hikers must be able to complete the course in three hours. The course is 8.3 miles of rocky terrain with technical climbs, flats, and down hills. There will be aid stations along the course. If you are a beginner trail runner you can check out the course on line at ontherockstrailrun.webs.com. Please visit the park so you know what to expect on race day. Visit the web site to down load your application. Registration must be postmarked by Aug.5, 2010 to get a tech shirt.

Volunteers are needed. To offer your help please contact Scott or Stephanie Newcomer at (717) 840-0251. Thank you.

Mark your race calendars and grab a partner for the 26th annual Partners in the Park!!! No worries that this York Co. running classic is finished. Former race director Hal Darr started and directed the race for 25 years stepped down needing a well deserved break. Knowing that Hal's running shoes would be hard to fill a brave husband and wife duo stepped up as the new race directors. Scott and Stephanie Newcomer are excited about their new venture. They are excited to be on the other side of the race course and give back to the racing community. Partners will be on Sunday, October 17, 2010 2 P.M. rain or shine. At Rocky Ridge same course as previous years.

There are a few changes from years past. The Newcomer's wanted to open the race to more partner options. They wanted more duos to be able to participate adding some same sex teams and additional age groups. Also new this year is a long sleeve technical shirt and custom designed medallion awards. Registration must be post marked by Oct. 2, 2010 to receive shirts.

Volunteers needed. To offer your help, please contact Scott or Stephanie Newcomer at (717) 840-0251. Thank you.

RACE CALENDAR – July 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://lrclub.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

AUGUST 2010

- 7 **Running Feet for Helping Hands 5K and 1 mile fun run, 9am (mile), 9:30am (5K);** Hopewell Rec complex, Stewartstown, Contact: Danny Star at Danny@jimstarr.com or 717-993-3552
- 14 **Gene Gladfelter Memorial Mile, 8:30am, Website:** http://www.shilohuccyorkpa.org/index.php?option=com_content&view=category&layout=blog&id=45&Itemid=58 Contact: Steve Harlacher at 717-495-5083.
- 21 **On The Rocks Trail Run, Rocky Ridge Park, 7:30AM. Contact: Scott Newcomer** ontherockstrailrun@hotmail.com website: <http://ontherockstrailrun.webs.com>.
- 21 Run For The Park 5K and Mile Cross Country Challenge, 8:30AM, West Manheim Township Park 255 Saint Bartholomew Road, Hanover, PA, Contact: Jeff Klenk 717-633-5361 jdklenk@embarqmail.com website: www.buildthepark.com/2010applications1.pdf
- 21 10k run at 8:00 am at King's Gap State Park; Contact Josh Beck, www.appalachianrunningco.com or 717.241.5674
- 21 St.Paul's Wolf's Church 5K Run/Walk, 8am, Dunedin Park, York. Contact: Kara Hetrick at karakara1@comcast.net. Website for application: www.wolfchurch.org
- 28 **The Arc of York County's Rail Trail 10-Miler, 8am, Contact- Jim Poster, 846-6589,** jposter@thearcofyorkcounty.org
- 28 **Race to Repair Servants 5k Run**, 9:00am at John Rudy Park. Contact Erin Hinkle 717-378-0336 or erin@servants.org. <http://events.constantcontact.com/register/event?oeidk=a07e2nifzuab5403cad>
- 28 Free to Breath Lung Cancer 5k & 1 Mile Fun Run, 9:30AM, Riverfront Park, Harrisburg. Contact: Justin Anderson 703-822-3218 Janderson.HBG5k@gmail.com

SEPTEMBER 2010

- 4 Newberry Township Police Dept. 5K, 8:30AM, Website: www.newberrypd.org Contact: Sgt. Steven Lutz at slutz@newberrypd.org or Officer Braxton Ditty at bditty@newberrypd.org
- 4 Wendy's Half Marathon, 10K, 7:30AM and 1 mile run, 8PM, Contact: richpais@aol.com <http://www.wilkesbarreracing.com>
- 6 **Quarterback Club of York 5K, 8:30am,** <http://www.qbclubofyork.wikispaces.com>. York, PA. Contact Barry Biesecker at 717 764-0334 and beastoftheeast1@comcast.net
- 11 Firefighter 5K, Eagle Fire Company, Mt. Wolf, PA. 9AM at Northeastern Middle School. Contact Ashley Brenneman at 475-0472 or Ashley@firefighter5K.com. Website: <http://www.firefighter5k.com/>
- 11 Susquehanna Super Hike and Ultra Trail Run, 28.4 mile trail challenge, 7:00 AM, Otter Creek Campground, Airville, PA. Park at Pequea Creek Campground, Pequea, PA and transportation provided to the start. Contact: www.kta-hike.org ktaadmin@verizon.net or 717.238.7017.
- 12 10th Annual Gino's Race, 9am, Codorus State Park, Hanover, PA, contact Rod Young, 717 225-5257 or ryoung7054@yahoo.com or www.eteamz.active.com/ginosrace
- 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.
- 18 I run for Margie's Skids 5K, 9AM walkers, 9:30AM runners, Media, PA, Contact Jenna Gormley 610-368-9631 or Jenna.Gormley@gmail.com Registration on www.active.com keyword: I run for Margie's Skids.

- 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.
- 25 Springgettsbury 5K and 1 mile fun run, 9:30am (1 mile), 9:45am (5K); website: www.Springgettsbury.com Contact: Teri Gilfillan at tgilfillan@springgettsbury.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 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

NOVEMBER 2010

- 25 **14th Annual YMCA Turkey Trot 5K**, 9am, York, Contact: Karen Ruppert 717-843-7884 ext 263, kruppert@yorkcoymca.org. website: <http://yorkcoymca.org>

On The Rocks Trail Run

At Rocky Ridge County Park, York, PA

****Saturday, August 21, 2010****

7:30 AM* 250 Entry Limit

Rain Date: Sunday, August 29, 2010

8.3 Mile Trail Run, Total vertical climb is OVER 1,900 feet.

(Measured with a GPS Watch)

DO AN OFF ROADING EVENT WITH YORK ROAD RUNNERS CLUB

Course Surface Description:

Rocks, Little Rocks, Some Big Rocks, Some dirt with rocks, Rocks with dirt, gravel with rocks, rocks with little rocks, few tree roots, and some groomed to grassy trail sections.

Course Description:

I consider the first mile to be fast, and the second mile has a climb and plateaus out. The third mile is also very fast, and the fourth mile has a climb that plateaus out at the 1st aid station. The fifth mile is a very fast mile (the flattest mile in the whole race). The sixth mile starts with a fast technical downhill, which is an up & back, but the end of mile six is downhill. The seventh mile has the longest climb and the next aid station. The last portion of the race will consist of a flat section, a fun fast downhill and a scenic uphill climb to the finish. Check out the web page for course map, turn sheet, and pictures. (<http://ontherockstrailrun.webs.com>)

Participants:

Runners and hikers are welcome but you must be able to complete this 8.3 miles in 3 hrs. The 1st aid station must be reached in 1 1/2 hrs and the second aid station in 2 1/2 hrs. There will be no exceptions for any participants. Participants MUST BE Over 18 years of age for safety reasons.

Warning: *If you cannot run/hike on the road without tripping or stumbling this race is not for you. If you haven't done much trail-running, and are primarily a road-runner, this course will provide a very unique/difficult/breath taking experience. Please visit the park and check out the course map and turn sheet before signing up. (Web page: <http://ontherockstrailrun.webs.com/>)*

Entry Fee: \$25.00 POSTMARKED BY Aug. 5, 2010.

\$30.00 POSTMARKED After Aug. 5, 2010 & Race Day Registration (No Shirt)

Race Shirts:

The 1st Annual ON THE ROCKS TRAIL RUN race shirt will be a Wicking Tech Shirt which retails for about \$24. The race application must be postmarked by August 5, 2010 to receive a shirt. Application post marked after August 5, 2010 and race day registrants will not receive t-shirts.

Refreshments:

Will be served after the event for the participating runners/hikers and volunteers.

Volunteers Needed:

Volunteer(s) are needed for race day. If you volunteer before or after the race you will run free. It is first come, first serve because there are limited positions available. E-mail me at ontherockstrailrun@hotmail.com

Internet Directions: Use 400 Deininger Road, York PA 17406.

Driving Directions: From Route 30 (bypass), take Mt. Zion Road exit. Follow route 24 North (MT Zion Rd.); at the top of the hill turn right on Deininger Road and follow road back to park. Once you enter into the park the front parking lots are on the right & left. Continue on the road, which ends at a rear parking lot.

Participation Awards Only: Handed out at the Finish Line.

******All the remainder of the proceeds will be given to Margaret E. Moul Home******

Race Day Registration & Number Pickup: 6:30 – 7:20am

If the race is cancelled check the web page before you show up. (<http://ontherockstrailrun.webs.com/>)

Any Question please e-mail Race Director Scott Newcomer: ontherockstrailrun@hotmail.com

Make Checks Payable & Mailed to: Scott Newcomer, 4285 Pleasant Valley Road, York, PA 17406.

Insurance Provided by USATF through York Road Runners Club.

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

Date of Birth ____/____/____ (must be 18 or more) Tel:(____) _____ AM? ____ PM? ____ BOTH? ____

Single Entry (\$25) _____ After Aug. 5 & Race Day (\$30) _____ Shirt Size: S M L XL

Liability Waiver:

In consideration of your acceptance of my application for participation in the ON THE ROCKS TRAIL RUN, I, for myself, my heirs, executors, administrators and assign, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation I discharge and release York Road Runners Club, York County Parks, the ON THE ROCKS TRAIL RUN organizers, and its respective agents, committee(s), and any other involved representatives from all liability arising out of or connected in any way with my participation in the ON THE ROCKS TRAIL RUN. Whether or not caused by the negligence of any of the above parties.

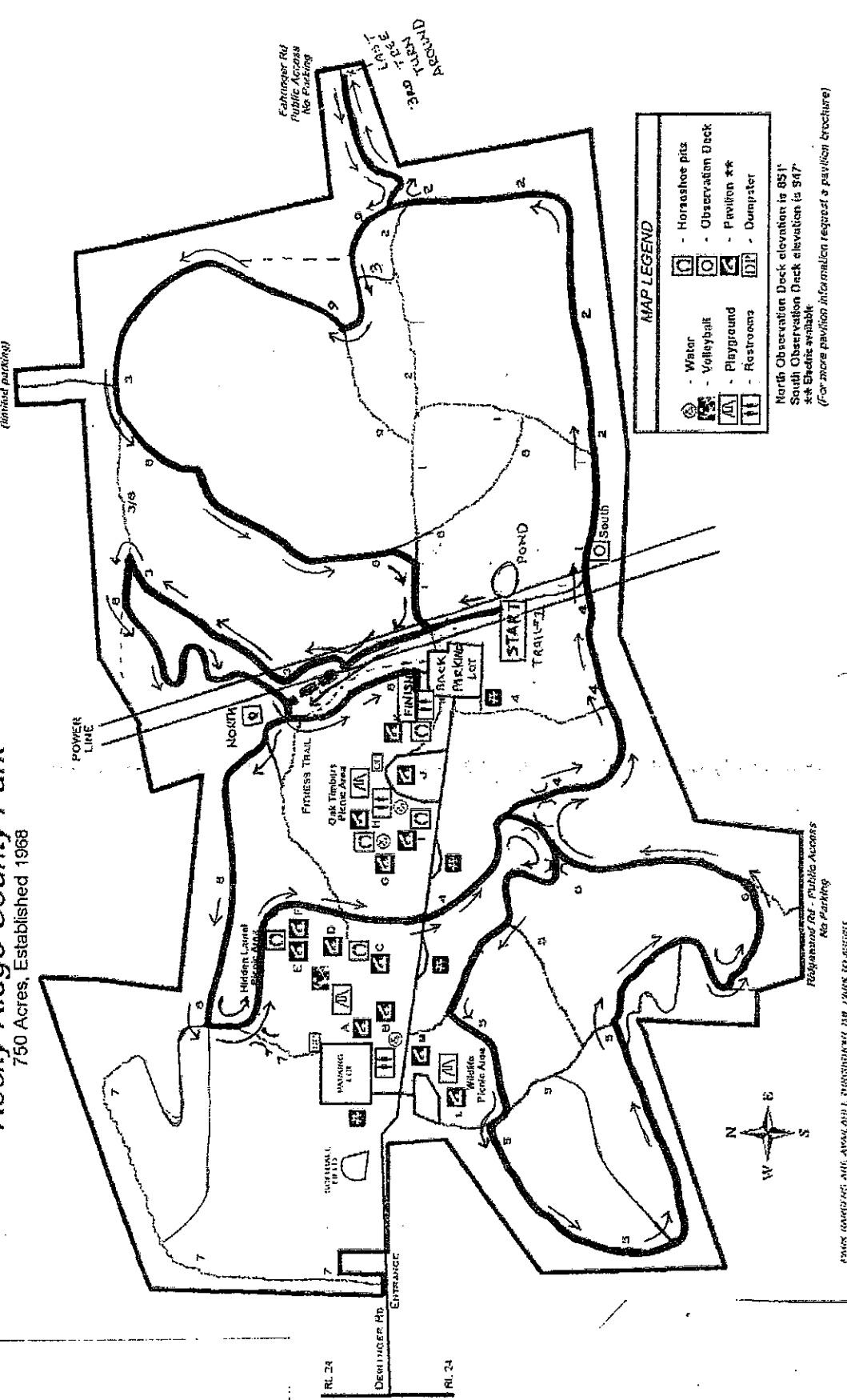
I acknowledge that there are inherent risks and dangers in trail running this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat and/or humidity, the conditions of the running course, and getting lost that may arise at any time during the ON THE ROCKS TRAIL RUN. My participation is voluntary and is done at my own risk. I voluntarily assume all risks or loss, damage or injury that may be sustained while participating in the ON THE ROCKS TRAIL RUN. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any said parties of any right hereunder. I understand serious accidents occasionally occur during run/hike events and that participants in the ON THE ROCKS TRAIL RUN may sustain mortal or series injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs of assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this activity is in good condition, and that I have the experience and ability to complete the activity safely, I understand that proper equipment in good condition can prevent serious injury. I agree to abide by the rules of this event as established by the ON THE ROCKS TRAIL RUN Committee and obey the directions of the event officials. I hereby grant full permission to the event organizers, committee(s), volunteers, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose. I have read, understood and agree to the LIABILITY Waiver on this form. (All unsigned entries will be returned).

Signature _____ Date _____

Rocky Ridge County Park

750 Acres, Established 1968



SMOKEY SAYS, "ONLY YOU CAN PREVENT FOREST FIRES."

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COURSE TURN SHEET		
Turn #	Mileage	Direction - Description
	0.00	Start @ south side of the back parking lot on Trail#1 at the pond under the power lines
		Run North along parking lot on Trail#1
		At yellow gate which is on the left go straight at that intersection. This is the start of Trail#3
		Go Straight at the Toilet Sign Intersection
		Follow grassy path and when Trail#8 merges keep going straight (towards the left)
		Follow this until it merges onto the gravel path (Trail#8)
1	0.30	Turn right onto the gravel path (Trail#8)
		Stay on the gravel path and veer left following the path. The North Observation deck is on the right
		Once you go into the wood the path has fitness stations. You can do those if you want to.
2	0.44	Veer right leaving the gravel fitness trail. This is still Trail#8.
		Follow Trail#8 until the intersection of Trail#7
3	0.67	Turn Left onto Trail#7
		Turn Left before you go pass a stone arch bridge that is going over a draining ditch
		Immediately the Horse shoe pits will be on the right
		Follow the path to the right and go pass 3 picnic pavilions while the path turns to gravel
		Go straight towards the road
	0.81	Go across the road onto Trail#4 which goes downhill.
4	1.01	Turn Right onto a connecting trail to Trail#6
		Go across little bridge - Sorry no wet feet.
5	1.12	Turn right onto Trail#6
		Go across the bridge - Sorry no wet feet
		Follow trail up the gradual climb
6	1.36	Turn left onto Trail#5 on top of the hill
		Follow Trail#5
7	1.54	At the T intersection turn right which is still trail#5
8	1.56	At the next T intersection turn left which is still trail#5
		This is a fast section
		Go straight at intersection (Pass a little trail that's on the left)
	2.70	Go Straight at intersection (Pass a trail that's on the right)
9	2.75	Turn Right onto Trail#6 (Go downhill)
		Go straight at intersection (Pass a trail that's on the right) Keep going down hill
10	2.91	Turn left following Trail#6 (DO NOT GO STRAIGHT CONTINUING DOWN THE HILL)
11	3.02	Turn left following Trail#6 at the Intersection.
		Gradually start going uphill.
		You may want to stay to the right of the trail so you will not get wet feet. (This is very wet in the spring)
	3.29	At the next intersection go straight. (DO NOT TURN LEFT AND GO OVER THE BRIDGE)
		Keep Going up the hill
		Go across the bridge - Sorry no wet feet.
12	3.40	Turn right on Trail#4
		Go across the bridge - Sorry no wet feet
		Start going up hill
		Stay on Trail#4
13	4.19	Veer right on trail#1 at intersection. (Trail#4 ended)
		AID STATION - WATER - MUST REACH THIS POINT IN 1 1/2 HOURS. If not you will be pulled from the course.
		Go pass the South Observation deck on the right
14	4.33	Veer right onto Trail#2 at intersection.
		Stay on Trail#2
15	5.12	Turn a sharp right at the intersection of Trail#2 and Trail#9
		This is the access trail for Fahringer Road.
16	5.37	Go to Fahringer Road (Last tree on the right)
		Turn around go back to Trail#2 and Trail#9 intersection.
17	5.61	Turn Right on Trail#9
		Go straight at Intersection (Trail #3 is on the Left)
		Trail#3 and Trail#9 merge together at this point.
		Stay on trail when it turns to the right (Trail Expands into a very wide right turn)
18	5.84	Turn Right at T intersection onto Trail #3 (DO NOT TAKE trail#9 which is the left turn)
		Follow Trail#3
		Go straight at intersection (The trail on the right is the Druck Valley Road Access trail)
19	6.48	Turn a sharp left onto Trail#8
		On top of the hill go right onto the grassy trail
20	6.98	Turn right onto Trail#1 which is gravel.
		AID STATION - WATER - MUST REACH THIS POINT IN 2 1/2 HOURS. If not you will be pulled from the course.
21	7.25	Turn right onto Trail#3 which is grassy. (Under the Power Lines)
		DO NOT GO TO THE PARKING LOT.
22	7.33	At the Toilet sign post turn right following Trail#3.
23	7.65	At the bottom of the hill Turn a SHARP LEFT onto Trail#8
24		Follow trail#8 and turn left onto the single track. This is still Trail#8 (DO NOT GO STRAIGHT ON THE WIDE TRAIL)
		This is the last gradual climb.
		Come out of the woods and keep to the right of the grassy intersection.
25	8.20	Turn sharp left onto the gravel Trail#8
	8.30	Finally the Finish.

**** MILEAGE WAS DONE WITH A GPS WATCH - They are good on roads, but normally the mileage is off in the woods****

RACE REGISTRATION

Name _____

Mailing Address _____

Phone (____) _____ E-mail Address _____

Age on race day _____ Sex: M F T-Shirt Size: Med Large X-L

Relay Entries (check appropriate category) Male/Male Male/Female Female/Female

Name of Teammate _____ shirt size _____

Team Name (optional) _____

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge all associated sponsors and organizers of all claims and damages, demands, actions whatsoever in any manner arising out of my participation in Gino's Race. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I have fully read and understood the race application, rules and information and will abide by all rules therein.

Signature (Parent's if under 18) _____ Date _____

Teammate Signature (Parent's if under 18) _____ Date _____

ENTRY FEES	
Individuals	
Pre-Registered	\$25
Postmarked By 04 Sept	
Race Day	\$35
Relays	
Pre-Registered	\$45
Postmarked By 04 Sept	
Race Day	\$60
Make Checks Payable To:	
Gino's Race	
Mail To:	
Jon Sprenkle	
4420 Wolf's Church Rd	
York, PA 17408	

FUND RAISING

Give Them A Reason For Hope. Get Involved.

Sponsor Name	Pledge

Total Pledge _____

Adventure Cycling & Fitness, 4370 W. Market St., York, PA 17408 will provide gift certificates to the 3 highest fund raisers. Gift certificate values will be \$75, \$50, & \$25.

Everyone is eligible to win the fund raising awards, not just race participants.

Use this form (be sure to include your name & address) and mail your collected donations to:

The ALS Association
 Greater Philadelphia Chapter c/o Gino's Race
 321 Norristown Rd. Suite 260
 Ambler, PA 19002

The ALS Chapter will determine the 3 winners by the money they receive though 30 October 2010.

Visit our website at: www.eteamz.active.com/ginosrace



Enclosed is my tax- deductible contribution.

Please make checks payable to:
The ALS Association

Please return to:
The ALS Association
 Greater Philadelphia Chapter
 c/o Gino's Race
 321 Norristown Rd.
 Suite 260
 Ambler, PA 19002

1(877) 434-7441

www.alsphiladelphia.org



The Apple 5 Miler

AWARD LEVELS

Overall Top 3 Finish
Male/Female
1st 2nd 3rd - All Age Groups

Under 20	40-49
20-29	50-59
30-39	60 +

Tech shirts provided to all pre-registered participants

SPONSORED BY



Race Directors

Race held
Rain or Shine

Jeff Georg
jeff.georg@yahoo.com
Christine Deerin
cdeerin80@comcast.net
Bob Gilbert

Entry fees:

- \$20.00 for Pre-registered Runners
- \$25.00 for Late Registrations

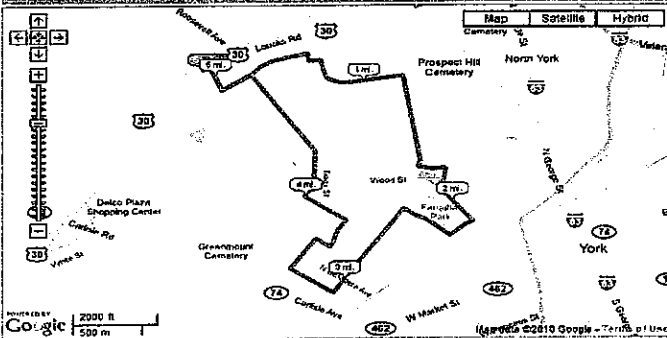
Date: October 2, 2010

Time: 7:30 am

Pre-register by: 8/31/10

Place: Apple Chevrolet
1200 Loucks Road
York PA 17404

Register online at
www.appleautomotive.com



REGISTER ONLINE - WWW.APPLEAUTOMOTIVE.COM

**Make Checks Payable to:
Apple Automotive
Mail bottom of form and
entry fee to:**

Apple Automotive
950 Smile Way
York PA 17404
Attn: Leah Geesey

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

In consideration of your permitting me to participate in this event, on behalf of myself, my heirs, executors, administrators, and assigns; I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, and assigns, for any and all injuries/illnesses which I may suffer as a result of taking part in this event. I grant my permission to use my name on any audio or visual recording for any lawful purpose. No running with pets or headphones.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

26th Annual PARTNERS in the Park

5 Kilometer (3.1 miles)

SPONSORED BY

Flying Feet & Studio Cuts & Ricke Bros



WHEN: Sunday, **October 17, 2010**; 2 P.M. Rain or Shine
WHERE: Rocky Ridge County Park (map on back)
WHO: Teams: Male/Female, Male/Male*, or Female/Female*
AWARDS: 9 Categories with 7 Age Groups & Random Prizes

REFRESHMENTS: After the race

CATEGORIES:

- Married:** Husband and Wife
- Family:** (Male/Female) Guardian/Child; Uncle/Niece; Aunt/Nephew
Sister/Brother; Grandparent/Grandchild
- Brother/Brother:** Male/Male *
- Sister/Sister:** Female/Female *
- Dad/Son:** Male/Male
- Mom/Daughter:** Female/Female
- Partners:** Any Male/Female combination
- Male Partners:** Male/Male*
- Female Partners:** Female/Female*

ENTRY FEE:

- Long Sleeve Wicking Tech T-shirt (retail \$24 ea)
- Postmarked by Oct. 2 - \$40.00 per team with shirts
\$25.00 per team without shirts
- Race day only - \$30.00 per team, no shirts

RACE DAY REGISTRATION: 12:30 – 1:30 pm

ENTRY FEE INCLUDES: Results posted on park website
(www.yorkcountyparks.org) within 2 weeks

PROCEEDS WILL HELP DEVELOP RUNNING TRAILS IN YORK COUNTY PARKS

AGE GROUPS: (Awards may increase if preregistration amounts warrant it.)

	Married	Family	Partners	Male P.*	Female P.*
36 & Under*	n/a	1 st -2 nd	1 st -2 nd	1 st -2 nd	1 st -2 nd
37 - 50*	1 st -2 nd	1 st -2 nd	1 st -2 nd	1 st -2 nd	1 st -2 nd
51 - 65	1 st -3 rd	1 st -3 rd	1 st -3 rd	1 st -2 nd	1 st -2 nd
66 - 80	1 st -3 rd	1 st -3 rd	1 st -3 rd	1 st -2 nd	1 st -2 nd
81 - 96	1 st -3 rd	1 st -3 rd	1 st -3 rd	1 st -2 nd	1 st -2 nd
96 - 110*	1 st -2 nd	1 st -2 nd	1 st -2 nd	1 st -2 nd	1 st -2 nd
111 & over*	1 st	1 st	1 st	1 st	1 st

	Dad/Son	Mom/Daughter	Bro/Bro*	Sis/Sis*
Child under 16	1 st -3 rd	1 st -2 nd	1 st -2 nd	1 st -2 nd
Child 16 & over	1 st -3 rd	1 st -2 nd	1 st -3 rd	1 st -3 rd
(* = New for 2010)			1 st -2 nd	1 st -2 nd

CHECKS PAYABLE TO: York County Parks

MAIL ENTRY, ENTRY FEE AND SIGNED WAIVER:

Tammy Klunk
York County Parks
400 Mundis Race Road
York, PA 17406

RACE DIRECTORS:

- Tammy Klunk (until 5 pm) 717-840-7227
- Scott & Stephanie Newcomer (after 5 pm) 717-840-0251

PLEASE PRINT

RACE ENTRY

PLEASE PRINT

CIRCLE CATEGORY: Married Family Partners Male P. Female P. Dad/Son Mom/Daughter Bro/Bro Sis/Sis

Partner #1 Name: _____
(LAST) (FIRST) (MI)

Address: _____
Number and Street or Post Office Box

(City) (State) (Zip) Age as of race day SEX: M F

(Telephone number) Birth Date: _____ Shirt Size: S M L XL (circle one)

Partner #2 Name: _____
(LAST) (FIRST) (MI)

Address: _____
Number and Street or Post Office Box

(City) (State) (Zip) Age as of race day SEX: M F

Birth Date: _____ Shirt Size: S M L XL (circle one)

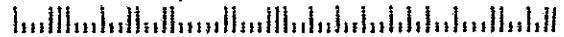
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YORK AREA ROAD RUNNERS CLUB
P.O. BOX 2841
YORK, PA 17405

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

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

1736181842 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 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!

