

KEEPING TRACK

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☞ Club Info Web Site: www.starinc.com/yrrc ☞

YRRC NEWSLETTER #170 December/January 2004

PRESIDENT'S MESSAGE *by Chris Young*

Here we are again, and the Winter Series is fast approaching. I hope everyone has put in his or her training for the Dover 10 mile. What a way to kick off the series. Also, the ballot for officer elections is in this newsletter so be sure to fill it out and return it. January will bring a new event for the club, a Yoga for Runners clinic to be held at Apple Hill. There should be more information inside this edition. Finally, we all need to keep positive thoughts for Bill and Jane Nelson as we hope for a full recovery for Bill.

Well here is the marathon update, otherwise known as How NOT To train and race a marathon. I think my training may have been okay, although like most runners I know, we tend to show little concern to minor nagging injuries. I basically ran with/through some Achilles tendonitis all summer and fall, and the last 6 weeks, my weekly training fell off as I tried to save it for my long runs. So I was a little apprehensive before the race, but I was going to try no matter what. On race day I woke up feeling pretty good, I had a little something to eat and tried to control my nerves. My support team (thanks to Suzanne, Tim and Kellen) was excellent, staying upbeat and taking my mind off the race. At the start I warmed up a few minutes, did a few stretches and tried to stay calm. When the gun went off, I started conservatively trying to hit seven minutes a mile. I did that for exactly one mile. Then the downhill took over. A lot of people had told me not to try to hold back too much as that wears your legs out quicker, but there are definitely two sides to that coin. My pace was creeping down to 6:50, and then to 6:45, I ran several 6:30 mile then some 6:20's. All the while I was thinking that I actually felt very good. I then ran a mile that I looked my watch and saw 6:05! I think I sort of freaked out! I then tried to start to back off, but it was a little too late. I ran my half marathon PR of 1:25:15 and started to worry. Up to mile 17 I still felt pretty good, but was definitely slowing down. By mile 18 I had slowed to my original pace of 7:00, but was still slowing. Mile 19 and 20 were about 8 minutes each. When I got mile 20 I knew had about 50 minutes to run the last 6.2 and still hit my goal of 3:10. So I tried to stay steady, but ran about 8:30. By now my legs felt like they were locked in one position, and would not bend. Mile 22 was slower still around 9 minutes. And I was struggling. I got to 22 realized I had 4.2 miles to go and only 32 minutes to do it. So I started to formulate a new plan. If I counted this a long training run, how long will it take to recover and try again?? About 6 weeks sounded good. Philadelphia is the Sunday before Thanksgiving, would that be about right?? Sounded good to me, so I shut it down. If my friends had been anywhere along the course those last 4 miles, I would have jumped in the car and ridden back, and then I would have been so upset with myself that I would have ticked everyone off. I managed a 2 minutes of running/ 1 minute walking pace and finished in 3:33 far off my goal, but already thinking about next time. So far this training has gone better. Three weeks I did a 20 mile run that actually felt pretty good and I have hit the track several times doing 10 to 12 800's in 2:55-3:00. Those have all gone very well, so I am regaining my confidence. Hopefully the next time you read this it will be filled with good news and inspiration. Until then, keep running.

RACE CALENDAR – NOV. 15, 2003 to JULY, 2004

Contact Tom Schaffstall or Rosa Pahl (tschaffstall@aol.com) for your race to be included in the next newsletter
(Note; **BOLD/CAPITALIZED** listings are YRRC supported races)

- 15 Richmond VA Marathon, 804 673-RACE or www.richmondmarathon.com
 15 7th 5K Run, 9am, Gettysburg, PA, 717 334-6254 x6260
 16 **DOVER 10 MILER (YRRC Winter Series #1)**, 1pm, Dover, PA, Paul Makurath, 717 652-8633(h), 783-4253(w)
 16 5K, 8:30am, Wilmington, DE, 302 654-6400 or www.races2run.com
 16 Mayberrv 4 Mile Trot (race day entry only), 9am, Silver Run, MD, 410 848-4629 or ultraman@qis.net
 22 Somerset Turkey Trot 5K, 10am, Somerset, PA, 814 445-6213
 22 41st JFK 50 Miler, Boonsboro, MD, 301 739-7004
 22 Cranberry Crawl 10K / 5K, 8:30am, Wash, D.C. 302 945-2457 or www.pvtex.org
 23 30th Turkey Trot 10K, 11am, Laurel Run Park, Muhlenberg Twp., PA, 610 929-1503 or www.muhlenbergtpw.com
 23 Millersville Turkey Trot 5K, 1:30pm, Millersville, PA, 717 872-4627 or tomecker@comcast.net
 23 Philadelphia Marathon, 8:30am, Phila., PA, 215 685-0054 or www.philadelphiamarathon.com
 27 YMCA Turkey Trot, 9am, York, PA, Amy at 717 843-7884 x269 or arawhouser@yorkcoymca.org
 27 94th Run for the Diamonds, 10:30am, Berwick, PA, 570 759-1300 or www.runfordiamonds.com
 27 Harry C. Holland G-U-T-B-U-S-T-E-R 8/5 Milers, 10am, Pittsburg, PA, 412 441-1776 or dspace304@aol.com
 27 5 Miler, 9am, Langhorne, PA, 215 500-1500
 27 12th Turkey Trot 5K, 9am, Greensburg, PA, 724 836-7378 x17
 27 12th YMCA Turkey Trot 5 Miler, 9am, Pittsburg, PA, 412 227-6448
 27 Jingle Bell Run for Arthritis 10K / 5K, 9am, Wash., D.C., 202 537-6800 or www.runwashington.com
 27 25th PNC Run for MS 10K / 5K, 9am, Wilmington, DE, 302 655-5610
 27 Turkey Trot 10K Prediction Run, 9:30am, Columbia, MD, 410 730 4499
 29 Turkey Trot 5 Miler, 8am, Hollidaysburg, PA, 814 695-4467
 29 5K, 10am, Quakerstown, PA, 215 538-0994
 29 Oil City YMCA Turkey Trot, 9am, Oil City, PA, 814 677-3000
 29 Trail Marathon, 9:30a, Sparks, MD, www.brcc.com
 30 Jingle Bell Jog For Arthritis 5K, 10am, YMCA, Dunmore, PA, 570 342-8115

DECEMBER, 2003

- 6 December Dash 5K, 10am, Harrisburg, PA, 717 232-9622 or chad.krebs@ymcagharrisburg.org
 6 Christmas Charity 5K, 9:30am, Somerset, PA, 814 445-6213
 7 14th Mountain Goat Fun Run – 5K, 10K, 2 Mile, 10am, Pittsburg, PA, 412 343-1463
 7 26th Brian's Run 10K, 5K, and Fun Run, West Chester, PA, 610 436-1000 or www.briansrun.org
 7 20th Nittany Valley Half-Marathon, 10am, Penn State University, 814 863-0014 or www.nvrn.com
 7 **SPRING VALLEY 5K (YRRC Winter Series #2)**, 1pm, Glen Rock exit off 83, Peter Klotz, 717-845-2856 (h)
 7 Alvernia College 5K, 10am, Reading, PA, 610 779-3277
 7 Union Mills 8K, (race day entries), 9am, Union Mills Homestead, Union Mills, MD, 410 848-3216 or reesechris@hotmail.com
 14 Dancer Dash 10K (race day only), 9am, F & M Manufact. Co., Westminster, MD, 410 848-1782 or rgrlsal@erols.com
 14 #1 Shiver by the River 5K/10K, 11am, Laurel Run Park, Reading, PA, 610 779-6556 or www.pagodapacers.com
 21 Jingle Kris Kringle Run 10K, 10am, Reading, PA, 610 375-7188 or www.pagodapacers.com
 31 First Night Resolution 5K, 6:30pm, State College, PA, eggler@geosc.psu.edu
 31 **DOUBLE DEUCE 2 MILE RUN**, 11:55pm, York, PA, Lynn and Dan VanHouwe, 717 852-9629 (h)

JANUARY, 2004

- 1 Winfield Mile (race day entries only), noon, South Carroll H.S., Winfield, MD, 410 549-1873 or franpod@carr.org
 9-11 Walt Disney World Marathon Weekend, W. D. World, FL, 407 939-7810 or www.disneyworld.com
 10 **ACCOMAC 8K (YRRC Winter Series #3)**, 10am, Dave Weitzel, 717 252 -4544 (h)
 11 Rock & Roll Arizona Marathon, www.mraz.com
 11 #2 Shiver by the River 5K/10K, 11am, Laurel Run Park, Reading, PA, 610 779-6556 or www.pagodapacers.com
 24 **SAGINAW 10K (YRRC Winter Series #4)**, 10am, Jack Goodwin 717 767-8910(h) or Kathy Miller 845-3601(w)

FEBRUARY, 2004

- 7 **JACOBUS 5 MILER (YRRC Winter Series #5)**, 10am, Joe Myers or Tara Hengst, 717 252-1183(h)
 8 #3 Shiver by the River 5K/10K, 11am, Laurel Run Park, Reading, PA, 610 779-6556 or www.pagodapacers.com
 21 **SPRINGETTSBURY 15K (YRRC Winter Series #6)**, 9am, East York, PA, Marty Strine, 717 840-0811(h)

MARCH, 2004

- 7 **INDIAN ROCK 10K (YRRC Winter Series #7 – participation and series (new) awards follow)**, 1pm, York, PA,
 Tom Schaffstall / Rosa Pahl 717 755-6806 or tschaffstall@aol.com
 7 #4 Shiver by the River 5K/10K, 11am, Laurel Run Park, Reading, PA, 610 779-6556 or www.pagodapacers.com

APRIL, 2004

MAY, 2004

JUNE, 2004

JULY, 2004

- 25 26th BON TON 5 MILER, 8am, (FR at 7:30am), York Galleria, Jan Workinger, 717 840-1802 or resOye9i@verison.net

Adopt-A-Highway

Since 1994, the York Road Runners Club has faithfully been cleaning both sides of a 2 mile stretch of Grantley Road (between Country Club Rd., and George St.). Under the careful guidance of project initiators Jack Goodwin and Scott Madison, our commitment to keep the road clean has been met.

Call Kathy Miller: 845.3601

or Jack Goodwin: 600.2282 home

845.3601 Ext 256, office

WELCOME NEW MEMBERS:

Here are the latest members:

Bern Von Sosen, Steven Krout, Jessica Sweitzer, Bob, Becci, Nikki and Abbi Melcher

Here is a poem to enjoy, sent by club member Marc Lauer:

RUNNING

Alone, or not ... the solitude is there-
 Running, breathing in the pure, clean, fresh air.
 In city, or country ... wherever you be,
 feeling unique, running and free.
 The constant tap-tap of feet on the ground,
 inhaling, enjoying every Earth sound-
 The trail, or the road is in front of you-
 You have the choice, whatever you do-
 Run in the rain, or run in the sun-
 Sometimes it's better, when you with someone-
 Run around lakes, or run through the park-
 Run at midday, or run in the dark.
 The running itself will make you feel strong-
 Inhale and exhale ... is what moves you along.
 Then, when the run is over and it's time to recover,
 you go for a walk with your senses alert to discover ...
 the good and the bad that is all around you-
 It is how you react that determines what you do.

Winter Series: As runners, we welcome the fall weather, as it makes running times more enjoyable. With the falling of temperatures and leaves comes the excitement of knowing the Winter Series is just around the corner. This year's program conducted by YRRC is made up of seven running events of various distances for one flat fee. The reason we are able to offer this low fee is due to our returning sponsor "Martin Foot and Ankle" of York.

Every year myself, Jan Workinger, our great race directors and the numerous Volunteers work together to make the Winter Series a positive experience for everyone. It's a great way for the serious runners, weekend runners, joggers and power walkers to set-aside those winter's doldrums and have a opportunity/motivation to keep their exercise program continuing thru-out the winter months. At times the weather over the winter months becomes a challenge but when the springtime arrives we are always thankful for the experience of the Winter Series which kept us putting our snickers on.

This year's program has a flat fee of \$20.00 which covers the entry fee for all races. In signing up for the complete series you're getting a tremendous bargain of \$2.85 per running event, but you must pre-register by 11/07/03 to receive this great rate. Remember, the first event is our famous "Dover 10 Miler" held on Sunday, November 16. We encourage all participates to take advantage of all planned runs but we do realize you have busy schedules. It's okay to run as many races as possible.

The YRRC does recognizes that participating in the winter series is also a great family activity and provides the opportunity for runners of all ages to stay in shape over the winter months. YRRC has decided to promote this family event with a **special offer**: no family will be charged more then the cost of two participants or \$40.00.

So sign-up now for the Winter Series Progam , see the application located in this Newsletter for further details

Robert Weikert
Series Coordinator

RUNNERS YOGA CLASS:

5

We now have Suite 188 reserved for our general membership meeting on Yoga for Runners presented by my friend, Marj Barra. The room is reserved for January 13, 2004 from 6:30pm until 9pm. I'll find out if we need to announce in the next newsletter whether or not people need to bring something to sit on for the workshop.

OFFICER BALLOT

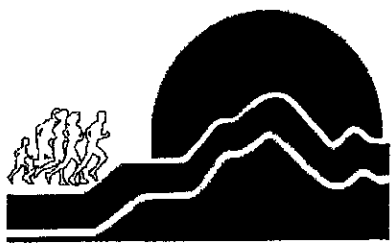
President	Chris Young	_____
VP Membership	Bobbi Kehr	_____
VP Newsletter	Pam Paule	_____
VP Dry Goods	Bob Weikert	_____
Treasurer	Doug Moyer	_____
Secretary	Jack Goodwin	_____

Write Ins/Suggestions:

100

1

100



YORK ROAD RUNNERS



**MARTIN FOOT AND
ANKLE CENTER**
EAST YORK - WEST YORK
HANOVER - SHREWSBURY
717-757-3537 / www.heelpain.md

2004 York Road Runners Winter Series

Series Coordinator (s): Robert Weikert 717-505-3966 (W) or 717-755-1286 (H)
Jan Workinger 717-840-0796 (W) or 717-840-1802 (H)
E-mail(s): rweikert@jlsouser.com - runforfun.jan@verizon.net
York Road Runners Club's Internet Site: [//www.starinc.com/yrrc](http://www.starinc.com/yrrc)

Purpose:

The Winter Series is a running program managed by The York Road Runners Club and sponsored by Martin Foot and Ankle Center. It is a total of seven running races for one low fee with the purpose of encouraging runners and joggers to stay in shape through out the winter months. Trophies are awarded only after the last race and are based on the total points received for the series within each age bracket. Each participant is assigned a racing number at their first race and is responsible to wear this same number at all races they attend. Commemorative gift is provided after the last race to all runners that have run or helped out in at least 5 of the 7 races. One mile fun runs will be held at each race. The one mile fun runs will count toward the 5 race requirement for the commemorative gift. The top 3 finishers in AGE 12 and under will receive awards based on a point system similar to the Series Awards.

Schedule: 2004 York Road Runners Winter Series

	<u>Date</u>	<u>Time</u> ⌚	<u>Race</u>	<u>Director (s)</u>	<u>Phone</u> ☎
1	<i>Sunday</i>	11/16/03 1 pm	<u>Dover 10 Miler</u> (*)	Paul Makurath	717-652-8633 (h) 717-783-4253 (w)
2	<i>Sunday</i>	12/07/03 1 pm	<u>Spring Valley 5k</u> (*)	Peter Klotz	717-845-2856 (h)
3	<i>Saturday</i>	01/10/04 10 am	<u>Accomac 8k</u> (*)	Dave Weitzel	717-252-4544 (h)
4	<i>Saturday</i>	01/24/04 10 am	<u>Saginaw 10k</u> (*)	Jack Goodwin Kathy Miller	717-600-2282 (h) 717-845-3601 (w)
5	<i>Saturday</i>	02/07/04 10 am	<u>Jacobus 5 Miler</u> (*)	Joe Myers Tara Hengst	717-252-1183 (h)
6	<i>Saturday</i>	02/21/04 9 am	<u>Springettsbury 15k</u> (*)	Marty Strine	717-840-0811(h)
7	<i>Sunday</i>	03/07/04 1 pm	<u>Indian Rock 10k</u> (*)	Tom Schaffstall Rosa Pahl	717-755-6806 (h)

(*) One mile fun run will also be held on race day

All Winter Series Races will be held in moderately bad weather, which includes rain, snow, ice and cold temperatures. In case of a severe blizzard or dangerous levels of ice, race could be postponed for a week or cancelled. If unsure listen to WSBA AM 910 Radio "Operation Snowflake" or contact the race director or series coordinator. All races, which are postponed, will be re-scheduled for the following week at the same day of the week and at the same time. Races that are postponed more than once, we reserve the right to cancel.

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Cost:

Applications mailed on or before 11/07/03

(cost for all 7 races)

\$20.00 one time fee

After 11/07/03

\$28.00 one time fee

Or

Same day Registration for any one of the races

\$7.00 per race

Fun runs only for the seven races

\$6.00 one time fee

Or \$2.00 per race

**Series Awards: Points system based on age group placement (1st = 10 pts., 10th = 1 pt.). Number of trophies/plaques based on age group participation.

Three Race Minimum. NO FINISH LINE TIES! Placement at the discretion of the timer. Age Groups: Men & Women 1-18, 19-29, 30-39, 40-49, 50+

Other optional cost:

YRRC Membership 1 Year 2 Years (6 newsletters/year of running events, picnic, discounts

Individual \$10 \$16

Student \$6 \$10

Family \$12 \$20

1 year Free to H.S. Sr. XC & Track members

Family Names: _____

Total (cash /check) \$ _____

In consideration of this entry being accepted to each and all of the above races, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the 2004 York Winter Series, the York Road Runners Club, its officers, directors and race sponsors and cities, boroughs, townships, and parks involved with the races. I certify that I am physically fit for the events. The race organizers reserve the right to reject any entry.

PLEASE PRINT

Last Name: _____ First: _____ Birth Date: ____/____/____ Sex: M / F

Address: _____ City/State: _____ Zip: _____

Runner's Signature: _____ Phone: (____) _____ (____) Age (on Nov. 16)

Parent or guardian must sign if under 18.

Mail applications and payments to:

Make check payable to YRRC

YRRC-Winter Series

C/O Lynn VanHouwe
1200 Midland Ave
York, PA 17403

***** CUT LINE *****

Directions to Races from York, PA:

Dover: PA Rt. 74 north to Dover; left (west) on Canal Rd.; right on Intermediate Ave. then park at Dover Intermediate School.

Spring Valley: I-83 south to exit 2 (Glen Rock); left (east) on Rt. 216 travel less than 1/4 mile; right on Potosi Rd.; follow Potosi Rd. about 2 miles to Spring Valley Park; left on Crest Rd. to Equestrian Center on right.

Accomac: PA Rt. 30 east to Wrightsville exit; [Follow signs to Accomac Inn] left (north) on Cool Springs Rd; right (north) on Dark Hollow Rd.; right (north) on Accomac Rd; park near Accomac Inn parking area.

Saginaw: I-83 north to exit 11 (Emigsville); right (east) on Rt. 238; straight across Rt. 181 (George St. Extended) onto Starview Rd.; at stop sign, left onto N. Sherman St. (Rt. 24); at T intersection go right on Codorus Furnace Rd.; left on Saginaw Rd.; once in Saginaw, bear right onto Market St.; turn left into Community United Methodist Church. (Only a block from the river.)

Jacobus: I-83 south to exit 4 (Leader Heights); right (west) on Leaders Heights Rd. left (south) on George St.; into Jacobus where George St. becomes Main St.; right (west) on Church St. and park behind Christ United Methodist Church.

Springettsbury: RT 30 east to Mt Zion Road Exit; left at the light, go under RT 30; make a right on Whiteford Road , Springettsbury Park is on your left (LOOK FOR SIGNS FOR THE RACE LOCATION)

Indian Rock: From George St. at York Hospital; right (west) on Country Club Rd; right onto Richland Ave.; left on Indian Rock Dam Rd.; go 1 mile to Indian Rock Elementary School on left.

YMCA OF YORK AND YORK COUNTY



**YMCA OF YORK CE
TURKEY TROT 5K RAY
THANKSGIVING DAY
NOVEMBER 27, 2003
AT 9:00 A.M.**

TO:

**YMCA of York & York County
90 N Newberry Street
York, PA 17401-1099
717-843-7884 ext.269**



Race Information

7th annual York YMCA Turkey Trot 5K Race
START/FINISH

The race begins and ends at the YMCA 90 N. Newberry St. in York. It is a flat, fast, paced 5k course on city streets and the railtrail. Race starts promptly at 9:00am.

PROPER RAIL TRAIL ETIQUETTE MUST BE OBSERVED.

AGE DIVISIONS

Male and Female (14 and under), (15-19), (20-29), (30-39), (40-49), (50-59), (60-69), and (70 and up).

AWARDS

Overall (male and female) top three finishers.

Top three male and female finishers in all age brackets.

Awards ceremony will be immediately after the race at the York YMCA.

RANDOM AWARDS DRAWING

Must be present to win. There will be many random awards.

Prize winners will be posted in main YMCA gym at race end.

REGISTRATION

Pre-Entry: Postmarked by November 17, 2003 \$15.00 with at-Shirt (\$10.00 without).

Post-Entry: Postmarked after November 17, 2003 \$20.00 with a T-Shirt (\$15.00 without).

The entry fee is non-refundable. Shirts are subject to availability for first 200 paid entries.

Pre-race entry packet pick-up available after November 25 at the YMCA of York program desk.

Race day entries 7:30am to 8:45 am in the York YMCA gym.

Parking is available in the York YMCA parking lot.

All proceeds benefit programming at the York YMCA

where we build strong kids, strong families and strong communities

RACE DIRECTOR:

Amy Rawhouser Erdlen, Physical Director, York Branch 717-843-7884 x269

ENTRY FORM

Name _____ Age _____ Sex _____

Last First

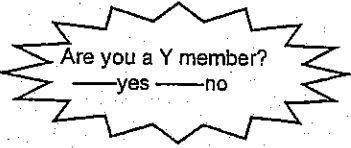
Address _____ Phone () _____

City and State _____ Zip Code _____

I know that running the YMCA Y to Y relay race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions of the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the race director, race officials and volunteers, any and all sponsors including, by not limited to YMCA of York & York County, the City of York, and York County, and all their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event.

Signature _____

Co-Signature (Parent/Guardian must cosign is applicant if under 18 yrs of age)



ENTRY FEE

by 11/17 w/T-shirt (\$15) _____
 by 11/17 w/out T-shirt(\$10) _____

**After 11/17 w/T-shirt (\$20) _____
 **After 11/17 w/out (\$15) _____

Total _____

Shirt size: M ___ L ___ XL ___
 Availability for first 200 entries _____

Visa/MasterCard# _____
 expiration date ____/____/____

Please make checks payable to:
 YMCA of York

Mail to:
 Attn: Amy Rawhouser-Erdlen
 90 N Newberry Street
 York, PA 17401

RENTAL OF CLUB EQUIP- MENT

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 at the York Water Company Distribution Center, and the contact person is Jack Goodwin. The water company's address is 1801 Mount Rose Ave.

Pick up and return must be during regular business hours.

Please call Jack at 845-3601 ext. 256 to make your arrangements.

Prices:

Use of club equipment: \$20

(Finish boards, mile markers, chute equipment, Chronomix, and/or clock.)

Timer person: \$40

Race Application in Newsletter: (1 sheet, 2 sides)

Out of County \$25

York County Races \$0

DRY GOODS FOR SALE

Joe Heidler notes that club gear is always for sale. Available are baseball caps, etc. 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 Joe at 815-1621.



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 Bobbi Kehr at 741-2117 if you have any questions.

Dues:	1 year	2 year
Individual	\$7	\$13
Student	\$5	\$9
Family	\$9	\$17

MOVING? CHANGING YOUR NAME?

Please call Bobbi Kehr at 741-2117 to inform the club of any changes. We like to keep you informed!

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

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

YRRC EXECUTIVE MEETINGS

October 6, 2003

The committee met at the home of Jack Goodwin at 7 PM. Attending were Officers: Bobbi Kehr, Chris Young, Doug Moyer, Joe Heidler, Tom Schaffstall, Jack Goodwin. Members at Large: Rosa Phal, Pam Paule, Mike Kehr, Jan Workinger, Bob Weikert and Frank Kempf.

COMMITTEE REPORTS:

- Secretary:** Minutes from August 11, 2003 meeting were approved.
- Treasure:** Balance as of September 30, 2003 was \$ 9,252.14. Of this amount \$ 2133.17 is being held for the Lady White Rose and \$3,100.68 for York County Parks.
- VP Membership:** Current membership is 346 as of September 16, 2003. If there is a change in your address, please forward it to the Membership Committee.
- Dry Goods:** Hats and headbands still are available - \$5 each, Contact Joe Heidler.
- Newsletter:** Things are going smoothly. E-mail newsletter items to Suzanne at Kraynack@suscom.net.

Deadlines for newsletter are as follows:

12/31/03 for Jan / Feb
02/29/04 for Mar/Apr
04/30/04 for May/ June
06/30/04 for July/ Aug
08/31/04 for Sept/ Oct
10/31/04 for Nov/ Dec

Old Business: We received a letter and a check for \$300.00 from Tim Grunbacher/ Bon Ton thanking YRRC and members for running The Bon Ton 5 miler.

Double Deuce is on but will not be a Winter Series Event.

Discussed Winter Series fees for families. The max amount, per family will be \$ 40.00. Refunds will be given if a family already sent in a higher amount.

Discussed and voted in favor of purchasing jackets for the Winter Series Race Directors to recognize their efforts.

Chris Young will be making the YRRC Award presentation to the High School XC Champs for the club October 16, 2003.

New Business: Bob Weikert volunteered for V.P. Dry Goods for 2004. Pam Paule Volunteered for V.P. newsletter. Since Pam Paule will be assuming Newsletter duties beginning 1/1/04 please E-mail newsletter items to her at ppaule@chovork.org. Bobbi will be V.P. membership only: The election ballots will be included in the next newsletter. Jan Workinger is getting a budget together to submit to Tim Grumbacher / Bon Ton, for the 2004 Bon Ton 5 miler Race, which will be July 25, 2004 followed by the YRRC Picnic which is held at the York Twp Pool. There will be a "Yoga for Runners" class Tuesday, Jan 13, 2004 7:00 PM at Apple Hill Suite 188. Participants should bring mat and dress to stretch. Light refreshments will be served. Marjorie Berra is the instructor.

The next Executive Meeting will be held at December 8, 2003

Meeting adjourned 8:15 PM

Meeting Minutes prepared by Jack Goodwin.