



KEEPING TRACK

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

YRRC NEWSLETTER #171 February/March PRESIDENT'S MESSAGE *by Chris Young*

Welcome back!! Hopefully everyone is having a safe and successful winter training season. With any luck this newsletter will reach you before January 13. That is the day the York Road Runners has reserved for a demonstration on Yoga for Runners. It will be held in suite 188 of Apple Hill (where we used to have the winter series awards) and kick off around 7 PM. Arrive a little early to get situated and bring a mat or towel to sit on if you wish. Light refreshments will follow. Also, thanks to Don Orcutt of Spring Garden Township for his letter to the editor printed on Nov 13, 2003 in The Daily Record. He expressed his thanks to the Road Runners club for cleaning our section of Grantley Road. It is always nice to see that someone appreciated your hard work, so to all of you have volunteered to adopt that block. Thank You!!!

For anyone who may have been following the last few newsletters, here is the final installment of the marathon saga. After the debacle that was Steamtown, I refocused my training on Philly. November 23 was the goal. Training went about as good as could be expected, as a result I was feeling ready. Unfortunately logistics was not on my side. I ended up driving down to Philly and back on Saturday since there was no packet pick-up on race day. I then had to drive back again at 4 AM on Sunday. In hindsight, and actually foresight, I knew this was not that good an idea. But the weather was great, I felt good, and I had a game plan and was going to stick to it. I started farther back than I wanted, but that placement helped me start out conservatively. I ran the first 2 miles in about 15 minutes. I was shooting for a 7 minute pace and therefore I was close. Then the crowds finally thinned out and I was able to settle into my pace. I ran the next 7 miles between 6:50 and 7:00 minutes each and still I was feeling great. We hit the only hill around mile 10 and my pace went to a 7:09, but dropped right back to 6:55 for the next 8 miles. When I went through the half in 1:32:18 I started to think I had a good shot at 3:10, which was my ultimate goal. With a slight hill coming up to mile 20, I fell to 7:05 pace for miles 19 and 20, but returned to 6:54 for mile 21. It was there that I started to think if I pushed it a little bit, I might be able to break 3 hours! I also considered that I might hit the wall and crawl to the finish!! I decided to just maintain my pace. After 4 more miles at 7:05 to 7:15 per mile, I hit mile 25. At every progressive mile marker, I would look at my watch, see the time, do some mental calculation (never an easy task, especially after 20 miles) and break into a huge smile as I realized it was a strong probability I could hit my goal. When I got to mile 25 I said, what the heck, I am going to push it a little. I ended up getting back to 6:49 for mile 26. My finish time was 3:04:24!! After 3 other failed attempts, I had achieved my goal in qualifying for Boston. I may have been able to break 3 hours, but I will save that for some other day. Right now I am enjoying this minor victory and trying to decide whether to do Boston in 2004 or save it for 2005. Stay tuned!!!

PS. Just to show how smart I actually am, I took 3 days off and then did a 9-mile race on Thanksgiving Day. I was hoping to break 60 minutes but ran 61:12; my legs were a little tired for some reason!

PSS. I am actually going to take some time off now, probably about 6 weeks... if I can wait that long!

2004 YRRC Schedule

JAN 13 YOGA FOR
RUNNERS APPLE HILL 6-9
PM

MAY 17 POKER RUN @
RUBY PARK

JUNE 16 COUNTRY RUN I

JULY 25 CLUB PICNIC

AUG 4 COUNTRY RUN II



The gift of the York Road Runners Club

By: Nancy Ann Rossi-Fogle

At age 32 and after years of being an on-again-off again runner, I got tired of making excuses for myself. I longed for the camaraderie of running in a group. I had not really experienced this since my Cross Country days of high school. The 14 years that followed were filled with non-committal running partners, or plenty of solo runs. Something happened to my childhood dream of running a marathon. Would I give up that dream forever and chock it up to childhood thoughts? I hoped not. I have memories as a young girl of watching Greta Weitz set some amazing times. I thought it seemed inhuman, though I desired to follow in her footsteps and challenge myself on my own personal level through running. Yet I needed more of something to do this.

During this past summer, my husband, who is the head coach of the Central York Track Team, encouraged me to contact Chris Young regarding running. My visit with Chris at Flying Feet included talk of the York Road Runners Club and his encouragement to contact Bobbie Kehr. Emails from Bobbie included further encouragement to join the group for a Wednesday evening run and names and numbers of some other females who she recommended I call. I should stop here to say that while I do not necessarily appear to be a typically shy person, I am always apprehensive the first time I do anything new (seriously...this is not a Hal Darr joke ☺). I did not know what to expect from a relationship with avid runners. Would these people be willing to accept a new runner not from York County? Would I be able to keep up with anyone on a run? Would everyone be competitive to the point that running would not be fun? These were just some of the questions that invaded my psyche. The next three months unfolded with the revelation that I had just stumbled along not only some world class runners, but also some of the kindest, warmest, most accepting and encouraging human beings I have ever met.

Coincidence? I think of it more of a God-incidence. You see I am one of those people who long to be in the company of others who enjoy life and consider many mundane things and activities to be gifts. I long to connect, understand and be understood. I long to be accepted, encouraged, motivated and challenged. Exercise is not simply a physical outlet for me; it is a way of life. Running is part of who I am. It is an emotional renewal and a spiritual uplifting. It is my release and my escape, my refuge and my journey. Sometimes I run to get away from my struggles in life to find that my journey brings me face-to-face with the challenges I fear most. But it's different, because I am different. I am different because somehow during a run, whether alone or in the company of others, I figure out what I need to do to be the person I really want to be. The amazing thing is I sense that there are so many in the club who are very much like me. Here are some of my impressions.

On September 10th, 2003, I arrived at my first Wednesday run about 40 minutes early (what can I say, I was nervous). The first person I met in the parking lot behind the Colonial Coffee shop was Joe Heidler. Joe explained that this was his return to running after being away for several months. He was friendly and welcoming. I breathed a sigh of relief. Maybe there would be more "first time runners." As people gathered I finally met our leader, Bobbie Kehr, and "Karen K." who I had already talked to on the phone. They were both as warm in person as they were on the phone. As we broke apart to run, a cute blond woman joined our group. Another sense of comfort warmed me as I realized I had

seen this woman at my gym. Interesting as I had already pegged her for a runner the first time I saw her.

I spent most of my "first run" with Pam Paule and another very peppy runner, Jack Goodwin. With them leading and encouraging me, I somehow made my first 6-mile run in 8 years. As we returned back to George Street, I remember Jack asking me if I wanted to go just a little bit more. Though I didn't say it, I remember thinking, "I hope you are ready to run just a little bit more because you may be running me over the hospital." Jack talked about how when he gets out to run he really does not want to stop. His enthusiasm was contagious...it still is. Since I was winded, I allowed Jack to bamboozle me into another mile around the college. The completion of that run was exhilarating for me. Yet, it was just one of many milestones to come in my adventure as a resurrected runner.

Since I was taking an extended studies course this fall, it was weeks until I could join the club again on a Wednesday evening. I enjoyed several runs with Pam in the following weeks as she and I shared a common interest in running time (5 a.m. is best), and we were comparable in both pace and speed. My conversations with Pam put me in more awe of how active she and so many other member of the club are, running is just one component for them. Yet, she was humble and encouraging, a trait that seemed contagious in this amazing group.

During my second Wednesday evening run, I had the pleasure of running with Karen K. and Patty. I remember dying to keep up and telling them a little over half way through that I was "struggling" to keep up. Their response was a typical encouraging YRRC thing to say, "that's okay, we'll stay with you, you are doing great." Wow. These words just meant so much to me.

While Wednesday evenings were not always feasible for me, Pam invited me to Monday runs, which are held at either Jack's or Joe's. During these evenings, I had the wonderful pleasure of running with Joe, Jack, Fred, Bobbie, Mike, Pam, Jim, Sonya, and even my cousin (by marriage), Diana Goulden. These amazing people have become a great start to my workweek. No matter what happens on that first day back from my weekend, I thank God that I have them to turn to and run with that evening.

Intermittently throughout the last three months, I was crazy enough to enter some races. I continued to meet more very kind, encouraging and interesting harriers through competing. My first race in eight years was the Mina Miller Healthy Choices 5K race. My goal was to do better than 27 minutes. I had no clue what I could run, but I thought I could run at least a 27-minute race. I finished in 25:03. I followed that 5K in the Harrisburg Pumpkin Chase with a 24:15 and the Turkey Trot in a 23:17. I ran the White Rose in 40:07. This was my first five-mile race of my life.

I had registered for the Winter Series races, but was pretty intimidated by the mileage. About a week before the Dover 10-miler, I got a phone message from Bobbie Kehr. She said that someone would run this race with me. I was in disbelief; some runner was willing to forego any time of his or her own and run with me? After a few days of phone tag, I connected with Dave Weitzel who in fact, was willing to run with me. We met only briefly weeks before, yet this YRRC runner was willing to run the entire race with me to encourage me in my first 10-mile run. Dave and I talked for close to 30 minutes that evening and before I hung up he commented, "I know you are going to do

well at this race." Encouragement, kindness, and motivation...these truly are the characteristics of this running club.

After 2 1/2 miles of the Dover race, I remember feeling winded. The people I encountered in this race changed everything for me. Throughout the race, Dave chatted and gave me an update on what was to come. As runners came by us, Dave introduced me (he seemed to know everyone) and told them that it was my first 10-miler. Every runner was so amazingly encouraging. I can remember one woman telling me that if I was putting one foot in front of the other, I was making progress. I thought, "what a powerful message for anyone struggling in a race." This was the first time I had run 10 miles since high school. My goals for that race were: 1.) To finish and 2.) Not to walk. I came in, with Dave by my side, at 1:24:59 seconds. I remember thinking, with encouragement and faith, there is nothing I can't do.

I was beyond crazy to show up for the Spring Valley run. There I enjoyed the beauty of life in Pennsylvania in December. Though my time was slower than my first 5K race this fall, I was thankful for the opportunity to run with other dedicated and perhaps a bit insane runners. This was my first introduction to Bob Weikert. And as expected, he was yet another warm and encouraging runner. Bob and I talked about the need to recruit more Cross Country runners at a younger age.

Since then, I have had the pleasure of running with Karen Mitchell, Clay Shaw, Karen K., Jan Workinger, Patty and Jeff, Bob Weikert, Amy Czech, Jenny, Irene, Mike and Hal Darr. My first run with this group was a Saturday on the Rail Trail. This was only my second 10-mile run in 14 years. At about mile 6, Jan came by me with words of encouragement telling me I would make the 10 miles. Funny how when you believe this, it's always true. The next day, the Karen's and me (Mitchell and K) ran a 7-mile run in the snow in West York. It was the first run in maybe my life in which I had frost stuck on both my eyelashes and eyebrows. I was almost oblivious to the conditions as I enjoyed the beauty of the earth, and the interesting conversation from new running friends. I listened in awe as both Karen's talked about their running experiences. These two women had accumulated more than 80 marathons between them. Yet they had the humility and the lightheartedness to run with a novice runner. How lucky am I?

After a bout with bronchitis, I returned to my first run with Hal Darr by my side. Hal has a reputation, which very much precedes him, as many know. He certainly lived up to this. I was thankful to have 7 miles of Hal stories, as my breathing was leery. A lot of humor and a little bit of truth can't be a bad thing.

I feel as if I can go on and on with stories from just my first three months of the York Road Runners Club. When I told my mother about me joining this club, she expressed her content. "Runners were always good people in high school," she said. "They still continue to be," I told her. I am excited about what the future will bring for my running and the relationships I will continue to foster. While I thank God for my very able body and the opportunities to run, I thank him more for putting such amazing people in my life, people who share my passion and somehow soften my pain. Runners do that. We listen to each other's stories. We tell jokes. We dream (first marathon, 2004). We give much of ourselves and expect even more. We get injured. We set goals. We accomplish much. We heal. We encourage. We cheer. We get up early. We don't give up. We run. And somehow at the end of each run, things just seem to make more sense. The world is a better place and any and all goals seem limitless. I have been blessed with a

strong faith, a loving family, and some amazing friends. I now consider the York Road Runners right up there on the list of my favorite gifts. From the bottom of my heart, I would like to thank all of you who have created such fond experiences and have further fueled my passion in becoming a lifelong runner. This group was definitely the something that I have been longing for.

Note Worthy

**New York Marathon results:
Steve Miller 3:18 51**

Roses to Runners, Thorns to Others

A huge bundle of roses to the York Road Runners. They have, for years, faithfully cleaned up the litter on Grantley Road from Country Club Road to South George Street.

Conversely, many thorns to those selfish non-caring persons who dispose of their garbage out their car windows littering other people's properties. This seems to predominately happen going south on the Grantley Road hill

Don Orcutt, Spring Garden Township

6

Newest Members:

Tegan Feudale, John White, Jamie Tome, Sean Nagorney, Douglas Mann, Denise Harris, Dan Gray, Renata Tate, Susan Gochenour, Steven Heist, Kellen Geier, Dennis Faust, Jeff Adams, John Braught, Joshua Whitman, Sonja Billet, Jason Cluck, Steve Sargent, Roger, Margie, Corinne, Mitch and Nicholas Prevot, Sue, John and Mark Keagel, Johana Reed and Mark Mathison, and Alicia and James McDyre and Meryl Shoemaker



Adopt-A-Highway

**The next pick-up will be Saturday, January 17,
2004 at 8:00 am.**

**We need 3 people to help, (for about 1.5 hours).
Fun and Great exercise.**

**Call Jack Goodwin
H: 600-2282 W: 845-3601 ext #256**

Silver Anniversary or Quarter Century

By: Judy Anttonen

No, it wasn't Frank, Bill, George Sheehan, or Jim Fixx, it was Ralph and Eric. Yes it was the late 70s and I began to run. It happened thanks to the Turkey Trot in Millersville. Son Eric and husband Ralph decided to run the 10 miler, Eric was 10 Ralph was not, more like 38! I accompanied them for a while to their races, the VFW, the Wrightsville 5 miler, the family races in Colebrook. I remember the Jaycee Jaunt in Columbia and the Heart Fund run in Hempfield but I did not run them in 1976 or 1977 but I did in 1978. I competed in my first race, a five miler in Akron. Kirby Smith was the director. It wasn't flat, it began out of a park then up a hill, but I finished and I was hooked.

We all continued to run throughout the next decades. Son Eric and his son Evan (age 10) now run in Indiana and Ralph bikes having been forced to give up running in the 90s.

So, this month, I celebrate my 25th year of competition. I've done different distances, the 1 and 2 miler, 5k, 5 miler, 10k, 1/2 marathon, triathlons and duathlons but now I'm satisfied to race weekly doing a 5k. My body recovers quickly and I don't have to count rest days between competitions. I'll do a couple triathlons in the summer.

If you wonder whether you'll make 25 years of running, or better still if you'll be running at 62, take a look around because there are a lot of us; male and female out there, lifting them everyday! Thanks Cy Fritz for your Millersville Turkey Trot race!!



YRRC EXECUTIVE MEETING

December 8, 2003

The committee met at the home of Tom Schaffstall and Rosa Pahl. 7:15 PM Attending were officers Chris Young, Bobbi Kehr, Doug Moyer, Robert Weikert, Tom Schaffstall, Pamela Paule and members-at-large: Rosa Pahl, Jan Workinger, Mike Kehr and Sue Weitzel-Joines.

COMMITTEE REPORTS:

Secretary: Minutes from October 6, 2003 meeting were approved.

Treasurer: Balance as of November 30, 2003 was \$10,528.37. Of this amount \$3,693.91 is being held for York County Parks and \$600.00 for the Lady White Rose. The annual fees for the Post Office box rental and for bulk rate mail and USATF membership have been paid.

VP Membership: Current membership is 370 as of November 20, 2003. If there is a change in your address, please forward it to the membership VP.

Dry Goods: Thank you to Joe Heidler for serving on Dry Goods since 1991. Welcome and thank you Robert Weikert for volunteering to take over these responsibilities. The jackets have been received for the Winter Series race directors and coordinators and have been distributed. The jackets are to make the directors more visible at their respective races and are also a Thank You to them for volunteering to direct. Most have been directors of winter Series race for many years. These jackets are available for the general membership (without the words "Race Director" on them of course!) for \$43.95; the YRRC logo is on the jacket. Contact Robert for a description. Jacket must be paid for when placing your order with Robert.

Newsletter: Thank you to Suzanne Kraynack for putting together the newsletter for the past year. Welcome and thank you to Pamela Paule for undertaking this position. E-mail newsletter items to Pam at papule@choyork.org.

Deadlines for the newsletter are as follows:

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

Old Business: The high school XC awards were not presented at Counties in October because of a concern held by the governing body of the XC committee. President Chris Young Feels it is important for kids to be recognized for

their effort so the YRRC Club awards (four awards) will be presented at the Indian Rock Winter Series race. Effort will be made to have as many of the winning team members and their coaches present as possible. The "Yoga for Runners" class is set for Tuesday, Jan. 13, 2004, at 6:45 PM at Apple Hill, Suite 188. Bring a mat and dress to stretch. Light refreshments will be served. Marjorie Berra is the instructor.

New Business: YRRC member Sue Weitzel- Joines made a presentation on behalf of Brewery Products. Brewery Products was the sponsor of the Winter Series for many years. They want to do something to get back into supporting racing, mainly through Michelob Ultra which is targeted for an active lifestyle. Sue contacted Tim Grumbacher at the BonTon and said he's interested in co-sponsorship for the 5 miler in July. Sue has a meeting with the Bon Ton on Wednesday, 12/10/03 and will keep us posted on their discussions.

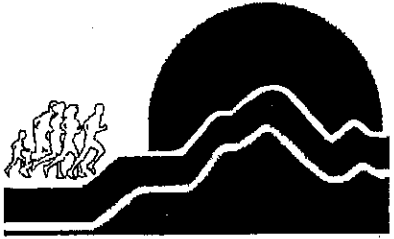
The Winter Series coordinators have purchased a 10 gallon container for hot liquids for making hot chocolate at the WS races if the race director so desires. The container will be stored with the race equipment at the York Water Co.

Because of the snow at Spring Valley race directors can run their course and get credit for it but it must be done either before or after their race on the same day the race is held. No running a race other than on race day.

- February 9, 2004 "Yoga for Runners" at Apple Hill, Suite. 188 at 6:45 PM.
- May 17, 2004 Poker Run at John Rudy Park at 5:45 PM 5K run and covered dish and small prizes awarded for best poker hands.
- June 16, 2004 Country Run I held at the York Water Co. Employee Center on Hess Farm Road; covered dish; running and swimming; 5:45 PM.
- July 25, 2004 YRRC club picnic to be held at York Township Community Center and Pool on S. George St., York. Club provides all the food and drinks. Swimming and volleyball. From noon to 6 PM
- August 4, 2004 County run II held at York Water Company Employee Center on Hess Farm Road; covered dish; running and swimming 5:45 PM.

Meeting Adjourned 8:30 PM

The next executive meeting will be held 2/9/04 at Jack Goodwin's house. Minutes prepared by Bobbie Kehr.



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.

*****Turn the sheet over for more details*****

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 (1* = 10 pts., 10* = 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 1 year Free to H.S. Sr. XC & Track members

Family [] \$ 12 [] \$20 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: YRRC-Winter Series Make check payable to YRRC 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.

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 at the York Water Company Distribution Center, and the contact person is Jack Goodwin. The address is 1801 Mount Rose Ave. Pick up and return must be done during regular business hours. Please call Jack at 845-3601 ext 256 to make your arrangements.

Prices:

Use of club equipment: (Finish boards, mile markers, chute equipment, Chronomix, and/or clock.)	\$20
Timer person:	\$40
Race Application in Newsletter: (1 sheet, 2 sides)	
Out of County	\$25
York County Races	\$0

DRY GOODS FOR SALE

Bob Weikert 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 Bob at 755-1286 or rsbj24@suscom.net.

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	\$10	\$16
Student	\$6	\$10
Family	\$12	\$20

MOVING? CHANGING YOUR NAME?

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

PRESORTED STANDARD
U.S. POSTAGE PAID
YORK, PA
PERMIT # 411

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