

KEEPING TRACK

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☞ **Club Info Web Site: yorkroadrunners.com** ☞

YRRC NEWSLETTER #176 December 2004-January 2005 PRESIDENT'S MESSAGE, by Chris Young

Election day has come and gone, but not for the York Road Runners Club. You still have time to cast your ballot. Hopefully this will reach you in time so that you can fill out the ballot and return it at the Dover 10 Mile. If not, or if you will not be going to Dover, simply give it to a club officer, or mail it back to the PO Box. There are some changes being made to the officers this year, so make your voice be heard!

It is also about that time for some big fall races from the Winter Series to White Rose, the Turkey Trot to the Double Deuce, there are plenty of options for any sort of runner. All of those races are well-organized, top-notch events that draw some elite runners, but are targeted to all runners. With cool weather and some fairly nice course it may be an excellent opportunity to run one last PR or season best. Many of you have done or are doing a fall marathon, maybe in hopes of qualifying for Boston. That is my long-term goal. After running my PR at Philadelphia last year, I have spent the last few months thinking about it, and the excitement is building. With several weeks of moderate mileage under my belt already, I am feeling ready to actually begin my training. Of course that is till a few weeks away, but when the time comes, I hope to be ready. I know it will be fun, I just hope I can run well.

Of course the Winter Series will be there to help carry your training through the winter into next year. And with the fall comes the turning back of the clocks, and earlier darkness in the evening. Everyone needs to be more aware of their surroundings when they are running. It also may be a good idea to get some reflective gear or flashing lights to make sure that you can be seen. With changes in technology, reflectivity has become more than just a pullover construction workers vest! Just remember to take it easy on those snowy, icy days. Or save it for the Winter Series, because they will be run in almost any conditions!

See Election ballot inside this edition.

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Chicago Marathon- Sunday, October 10th, 2004
John Boyle

I had signed up early for the race last year, getting an early confirmed room reservation through an outfit (Sapphire Corp) that Best Western hired to do their 1-800 reservations. When the hotel chain didn't renew their contract, Sapphire faxed the hotels & cancelled all the reservations that they had made. They didn't bother to notify the public. With a confirmation number in hand, I didn't bother to check to race week. By then rooms were as scarce as hens' teeth.

After almost missing the Chicago Marathon as a result of the 1-800 company canceling everyone's confirmed room reservations, I was anxious to reach the starting line Sunday morning.

Should I wear my Thorlo wool socks or my thin socks? I decided, & left the hotel. Four helicopters circled overhead recording the scene. The timer slowly approached 8 am.

The runners started to yell as first one, then hundreds of clothing items were thrown into the air, then passed to the sidelines. I understand that after the race, the clothing is loaded into trucks & donated to the homeless.

I had signed up for the 4:50 pace group. Under their sign, they had written "The Fun Group". We were blocks back from the start, too far to hear the National Anthem or the start signal. It seemed like we walked forever before the crowd thinned enough to run. It was 18 minutes from the start of the race before our section of the crowd reached the starting line. A computer chip on our shoe automatically records an individual's true start & tracks your time at specific distances during the race.

The volume of runners made scenery gawking a risky venture. Going under a wide overpass, thousands yell an echoing roar of excitement.

There were quite a few bands & entertainment along the way:

- Guys dressed in woman's cheerleader outfits doing rifle drills.
- hundreds of runners, without missing a step, did the appropriate hand motions to the song "YMCA".
- The High Five Club was out in force; their members in a line wearing white gloves & "high-fiving" the runners as they passed.
- I PASSED a runner in full Elvis costume, Thank you Very Much.
- As we passed one band, our male pace-leader was tush-bumping with a female pace-leader to the beat of the music.

I loved the crowd support at last year's MCM (Marine Corp Marathon); but I have to say that the crowd support in Chicago was another level above Washington.

Around mile 18, I realized that the thicker wool running socks weren't leaving enough room for my swelling feet. My one toe got progressively more painful till eventually blessed numbness set in. Dang, I'm gonna lose another toe nail for sure.

I know that I have added about 8 minutes to my race time due to "POB (Pee or Burst) Syndrome". I had one tree & 2 portapotty stops. Of course, I picked the worst line. I swear some runners must smuggle a newspaper along to read in there. The pace-group had disappeared when I came out.

I picked up speed as I approached the finish line. I didn't feel as nauseous as in the MCM because I ate powerbars instead of gels.

My time was 4:55:47; a two minute improvement over MCM. My wife said the 4:50 pace group came in after me. Go figure.

Out of 40,000 runners, over 33,000 finished. Evans Rutto of Kenya won with 2:06:16, two minutes off the world record. The woman first was Constantina Tomeseu-Dita of Romania-2:23:45.

I needed to walk backward down the steps leaving Grant Park. One guy said, "my 95 year-old grandmother takes steps that way".

Wrapped in a Mylar blanket, we finished the walk back to our hotel. A police officer, directing traffic, saw me gimping across the street & saluted me.

Coming back from dinner that night, my jacket covered any evidence that I had run the race. One lady walked by & smiling said, "Congratulation on running today. I can see you have the Post- Marathon Shuffle".

Before leaving Chicago, we toured Navy Pier; carb-loaded at Luciano's On Rush, & had one of the best meals ever (grilled scallops) at the Hilton, right across from Grant Park.

I made a lot of memories Sunday.

Frank Sinatra was right when he sang: -Chicago, Chicago, Your My Kind of Town



New Members

Thomas Kinard, Sarah Lanphier, Kelby Vanous, Andre Palmer, Paul Gartland



Joseph P. Mulligan Longtime YRRC MEMBER

Joseph P. Mulligan, died October 27, 2004 at 82 years of age. Joe was well known on the local running scene for many years. Checking some old race results, I found that Joe ran a 34:55 at the Jack Horner 5 Miler (now the Bon Ton 5 Miler) on 8/4/85. Joe was 63 years old when he did that! In April, 1989, Joe, along with 10 other YRRC members, participated in the 505 mile Lewis and Clark Trail Relay Run across the state of Washington. He was a great guy to have on the team! We'll miss you Joe.

Winter Series

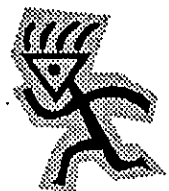
The 2004 to 2005 Winter Series begins on **Saturday, November 20 @ 1PM.** at the Dover Intermediate School. Important to notice the race is on a Saturday this year and not on the traditional Sunday afternoon. Important changes have been made to several of the races, so please keep the race schedule portion of the your application handy or check out our club's new web site

@ <http://www.yorkroadrunners.com>.

This year's slate of races has been increased by one to give us a total of eight challenging and exciting events for the same low one time fee. Please take a few moments and fill out the Winter Series application contained in this newsletter and mail it today.

See you in Dover on Saturday the 20th.

Robert Weikert and Jan Workinger



Volunteers Needed

The key element to the success of any race is the dedication of its race director and the race day volunteers. The Winter Series program is asking for your help this year in this very important cause. If you can help out at any of the eight races, please let us know. We need volunteers who can help in the following areas:

- Race day weather prognosticator
- Parking
- Race day registration table
- Club merchandise table
- People out on the course providing assistance
- One mile fun runs
- Water stops
- Food table
- Clean up and tear down

Please contact either Robert Weikert or Jan Workinger or any of the eight Wonderful Race Directors or better known as Paul, Peter, Robert, Dave, Jack, Joe, Marty, Tom, and Rosa, (see race calendar for e-mail addresses and phone numbers.



Double Creek Half Marathon/10k/5k - Formerly the York Hospital Fete Run For Wellness.

The York Hospital Fete is going through some major changes this year. The new event will focus exclusively on what was known as the "Book Nook" and The Hospital Fete as it had been known will no longer exist. One of the results of this change is that the Run For Wellness that had been associated with the Fete for over 30 years will no longer be at the York Fairgrounds. The run will now be held in conjunction with another event associated with WellSpan Health called the Double Creek Bike Tour.

Now that the run is no longer confined to the fairground we are free to do some new and exciting things. The biggest change is that we have added two new distance options to what has always been just a 5k. We will now have a half marathon (13.1 miles) and a 10k (6.2 miles) in addition to the 5k. The run and bike tour will share the Double Creek name but the final wording of the event has not been decided as of this date. The Double Creek Bike Tour has started in the Dover area in the past and we are looking to continue to be based in Dover but the exact location of the start is in flux due to the addition of the run and the anticipated increase in parking requirements and facility requirements. The dates are not in stone yet but June 18th or 19th 2005 look to be the most promising.

I am very excited about the changes and the opportunity to bring a half marathon to York County. Look for further information in the future and please feel free to call me if you have any questions or suggestions.

Brett Pfeiger – Double Creek Half Marathon/10k/5k Race Director
717-851-2836
runforwellness@wellspan.org

York Road Runners Election 2004

Vote

Write Ins

- President- Bob Weikert _____
- VP Membership- Bobbi Kehr _____
- VP Newsletter- Pam Paule _____
- VP Club Merchandise- Jan Workinger _____
- Treasurer- Doug Moyer _____
- Secretary- Jack Goodwin _____

Return your ballot to the YRRC, PO Box 2841, York PA 17405

e-mail

The Breckenridge Marathon Labor Day Weekend)

From: Larry Anderson
To: Gang

The agony of DNF - The joy of Appendages

Hi Gang; I thought you would enjoy this race result. I've had one last shred of bragging, and that was that I always finished a race. Sunday morning looked innocent enough, a little snow falling, but heck it was Labor Day so I left the house in shorts and mesh short sleeve shirt. When I got to Breck I saw the mountain socked in and they said 8" at the top and wind. I put on what I had which wasn't much. Our town doctor was still wearing sandals for the race. The first 5 miles were fun going up through the pine forest in the soft snow and hydrating by opening your mouth. Then we started the switchback ascent up Peak Ten and things turned ominous. As we crested the ridge at 12,000' we ran into a monster. The guy's tracks 10' in front of me were erased till I stepped in them. The wind actually blew me backwards and threw pebbles with the ice and snow in my face. After a couple hundred yards of this I started going in circles unable to decide which way to go. People were coming back crashing into me, other people taking their coats off to protect the ice-encrusted legs of people in shorts. At one point I almost headed straight down the mountain off the trail, which would have really been stupid. My fingers, ears and some precious parts were going numb so I finally got enough sense to head to the next checkpoint. After a mile or so with my hands tucked in my armpits I got to the checkpoint which was chaos because this was the last chance to get off the mountain before committing to the whole course. My friend Jim was waiting to see if I would go on with him. I only saw 5 people go on. I tried to thaw my hands on a camp stove but it didn't have much heat in the 50 mph wind. Water cups were flying off the table and hitting me in the face. Scott Jurek (5 time Western States 100 winner) came in and said he was getting off the mountain. I almost said I would go on but then I thought of my granddaughter waiting to play at the bottom of the mountain, so I told Jim to wait for some guys who knew the course and stick with them if he goes. I gave my number to the chunks of ice holding clipboards (officials) and headed down. It was funny watching guys holding their crotch as they ran. About a mile and a half and I hit tree line and another world. Later I learned that Paul DeWitt and Anthea Schmid (this years Leadville 100 champs) bailed at the same spot and about the only finishers were locals who knew the course with their eyes closed and dressed right.

RACE CALENDAR – NOVEMBER 13, 2004 to MARCH, 2005

Contact Tom or Rosa Schaffstall (tschaffstall@aol.com) for your race to be included in the next newsletter

(Note: BOLD/CAPITALIZED listings are YRRC supported races)

NOVEMBER 13, 2004 TO ...

- 13 **28TH YORK WHITE ROSE 5 MILER FOR DIVERSITY, EQUALITY, AND NON-VILENCE**, 9am, York, PA, Clay Shaw, 717 764-1181, or sports35_photography@yahoo.com
13 **6th Veteran's Day 5K**, Summit Hill, PA, 570 645-2170 or mogorun@ptd.net
13 **Richmond Marathon and 8K**, 8am / 8:45am, Richmond, VA, www.richmondmarathon.com
13 **8th 5K Run and Community Walk**, 9:30am, Danville, PA, 570 275-3001 or DACCJLK@aol.com
13 **Jesse Martin Memorial 5K and Bench & Run**, 9am, Gettysburg, PA, <http://home.earthlink.net/~smithpj2>
14 **32nd Harrisburg Marathon & Relay**, 8am, Capitol Building, Harrisburg, PA, www.active.com or www.harrc.org
14 **28th South Mountain 10 Miler and 5K**, 9am, Bethlehem, PA, 610 264-9255
20 **DOVER 10 MILER**, 1pm, Dover, PA, YRRC W.S. #1, Paul Makurath, 717 652-8633 (h) / 783-4253 (w)
20 **3rd Gingerbread Festival 5K**, 9:30am, Easton, PA, Cindy Matase, 610 559-6646
20 **46th C.W. Heller Memorial Market Street Races (High School and younger)**, Berwick, PA, 570 759-1426 (pm only)
21 **Turkey Trot**, 1:30pm, Millersville, PA, 717 872-4627
21 **5th Pocono Family YMCA 5K**, 9am, Stroudsburg, PA, Nicole Bailey, 421-2525
21 **31ST Muhlenberg Twp. Turkey Trot 10K**, 11am, Laurel Run Park, Reading, PA, 610 929-0630 or www.muhlenbergtwp.net
21 **Mayberry 4 Mile Trot (R.D.E. Only)**, 9am, Silver Run, MD, 410 848-6244 or runbob@juno.com
21 **Phila. Marathon or Rothman Institute 8K**, 8am, Phila., PA, 215 685-0054 or www.philadelphiamarathon.com
25 **95th "Run For The Diamonds" 9 Miler**, 10:30am, Berwick, PA, 570 759-1300 or www.runfordiamonds.com
25 **15th 5 Miler**, 9am, Langhorne, PA, 215 364-0905
25 **Turkey Trot 5K**, 8:30am, Greencastle-Antrim H.S. Campus, Greencastle, PA, 301 991-1951
25 **5 Miler / 2 Miler**, 8am, Hollidaysburg Area YMCA, 814 695-4467
25 **26th PNC Bank Run For MS 10K**, 9am, Wilmington, DE, 302 654-6400 or www.races2run.com
25 **York YMCA Turkey Trot 5K**, 9am, York, PA, Army at 717 843-7884 x269
25 **43rd Atlanta Marathon (1996 Olympic Course) and Half**, 404 231-9064 or www.atlantatraclub.org
27 **5K Run**, 10am, Quakerstown, PA, 215 538-0994 or wuszynski@comcast.net
27 **14th North Central Trail Marathon & Relay**, 9:30am, Sparks, MD, www.brrc.com
28 **Jingle Bell Jog 5K**, 10am, YMCA of Dunmore, PA, 342-8115 or 823-2888
28 **"Dirty Bird" 8.88 Mile Trail Run**, 10am, Reading, PA, French Crk. St. Pk., R. Horn, 610 779-2668 / www.pretzelcitysports.com

DECEMBER, 2004

- 5 **SPRING VALLEY 5K**, 2pm, Spring Valley Park, near Glen Rock, PA, YRRC W.S. #2, Peter Klotz, 717 845-2856 (h)
5 **Union Mills 8k (R.D.E. Only)**, 9am, Union Mills, MD, 410 848-3216 or reesechris@hotmail.com
5 **Nittany Valley Half Marathon**, 10am, Penn State University, Dave Egger at egger@geosc.psu.edu
5 **Alvernia College 5K**, 10am, Reading, PA, 610 779-3277 or www.pretzelcitysports.com
5 **Jingle Bell Run for Arthritis 5K**, 1pm, Lancaster, PA, 717 397-6271
11 **WLD CAT 10K (NEW)**, 12 noon, Dallastown, PA, YRRC Winter Series #3, Robert Breighner, 717 244-6865 (h)
11 **Jingle Bell 5K**, 10am, Harrisburg, PA, 717 763-0900
12 **Dasher Dance 10K (R.D.E. Only)**, 9am, Westminster, MD, 410 848-1782 or rgrlsal@adelphia.net
12 **Reindeer Romp 5K**, Oakmont School, Havertown, PA, 610 692-0677 or Kevin@nolanpainting.com
12 **Shiver by the River 10K / 5K - (#1)**, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or sjackson@gpu.com
19 **Kris Kringle 10K**, 10am, Body Zone Sports Complex, Reading, PA, Charlie Trayer, 610 375-7118 or www.pagodapacers.com
31 **DOULBE DEUCE 2 MILE RUN**, 11:55pm, York, PA, Lynn and Dan VanHouwe, 717 852-9629 (h)
31 **Run For Shelter 5K**, 7pm, YMCA, Bloomsburg, PA, 784-7732
31 **5K at Penn State University**, 1pm, State College, PA, Dave Egger at egger@geosc.psu.edu

JANUARY, 2005

- 1 **Winfield Mile (R.D.E. Only)**, noon, Winfield, MD, 410 549-1873 or franpoh@carr.org
3 **HARRC Winter Series 5K**, Wildwood Park, Harrisburg, PA,
8 **ACCOMAC 8K**, 12 noon, near Wrightsville, PA, Dave Weitzel, YRRC W.S.#4, 717 252-4544 (h)
9 **Shiver by the River 10K / 5K - (#2)**, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or sjackson@gpu.com
22 **SAGINAW 10K**, 12 noon, Saginaw, PA, YRRC W.S.#5, Jack Goodwin, 717 767-8910

FEBRUARY, 2005

- 5 **JACOBUS 5 MILER**, 12 noon, Jacobus, PA, YRRC Winter Series #6, Joe Myers, 717 252-1183 (h)
7 **HARRC Winter Series 5K**, Wildwood Park, Harrisburg, PA,
13 **Shiver by the River 10K / 5K - (#3)**, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or sjackson@gpu.com
19 **SPRINGGETTSBURY 15K**, 10am, York, PA, YRRC Winter Series #7, Marty Strine, 717 840-0811 (h)
19 **Frostbite 5 Miler**, Amber, PA, frostbite@aarclub.com
27 **2nd "Ugly Mudder" 7 Mile (more or less) Trail Run**, 10am, Reading, PA, Ron Horn, 610 779-2668 or www.pretzelcitysports.com

MARCH, 2005

- 6 **INDIAN ROCK 10K**, 2pm (new time), York, PA, (YRRC Winter Series #8 – participation and series awards follow),
Tom and Rosa Schaffstall, 717 755-6806 or tschaffstall@aol.com
6 **Shiver by the River 10K / 5K - (#4)**, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or sjackson@gpu.com
6 **HARRC Winter Series 5K**, Wildwood Park, Harrisburg, PA,

Continued

Continued

RACE CALENDAR – NOVEMBER 13, 2004 to MARCH, 2005

Contact Tom or Rosa Schaffstall (tschaffstall@aol.com) for your race to be included in the next newsletter

(Note: BOLD/CAPITALIZED listings are YRRC supported races) 13 St. Joseph's Day 5K, Mechanicsburg High School, Mechanicsburg, PA, 26 Sauder Egg 5K Run, 9am, Lititz, PA, 717 626-5096

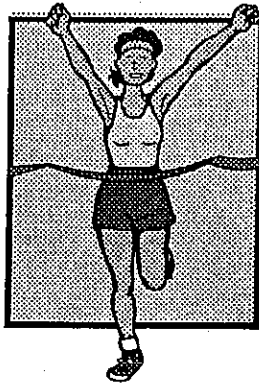
LADY WHITE ROSE 5K, 9am, York, PA

APRIL, 2005

1 Broad Street 10 Miler,

MAY, 2005

JUNE, 2005



Race Results

Annapolis 10 Mile- 8/28/2004

Jeff Shue 1:14:58	Scott Dolla 1:30.26	Tom Owens 1:38.08
Marlyn Hahn 1:21:02	John Eyster 1:30.58	Doug Stein 1:39.37
Zach Eyster 1:26.25	Jon Edmonds 1:32.16	Gary Shaw 1:48.33
Jenny Stein 1:26.55	Dave Schaumann 1:32.37	George Kraft 2:04.22
Steve Smith 1:28.32	Hayden Wimmer 1:34.15	
Jeff Adams 1:28.48	Arnie Fritzius 1:36.21	
Joe Brillhart 1:29.20	Larry Himes 1:38.07	

Marine Corp Marathon 10/31/2004

Nancy Rossi-Fogel 3:53.20
Overall: 1612, (approx. 16,000 finished)
316th female finisher
69th in age category



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

TO:

YORK YMCA
TURKEY SKY RACE
THANKSGIVING DAY
NOVEMBER 25, 2004
at 9AM



YMCA OF YORK AND YORK COUNTY



START/FINISH

November 25, 2004 at 9 am

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

PROPER RAILTRAIL ETIQUETTE MUST BE OBSERVED. WE DO NOT HAVE EXCLUSIVE USE OF THE RAILTRAIL.

AGE DIVISIONS

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

AWARDS

Overall (male and female) top three finishers

Prizes will be awarded to the top three male and female finishers in all age brackets.

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

RANDOM DOORPRIZE DRAWING

Must be present to win. Winners posted in the York YMCA gym.

REGISTRATION

Pre-Entry: Postmarked by November 12, 2004 \$15.00 with a T-Shirt (\$10.00 without).

Post-Entry: Postmarked after November 12, 2004 \$20.00 with a T-Shirt (\$15.00 without).

***Youth 14 and under run free without T-shirt (\$10.00 with a T-shirt).

The entry fee is non-refundable. Shirts are subject to availability for first 300 entries.

Pre-race entry packet pick-up available week before race at the YMCA of York program desk.

Race Day entries: 7:30 am to 8:45 am at the York YMCA gym

All proceeds benefit programming at the York YMCA where we build strong kids, strong families and strong communities.

Parking available in York YMCA parking lot

RACE DIRECTOR:

Amy Rawhouser, Physical Director, York YMCA 717-843-7884 x269

ENTRY FORM

Name _____ Age _____ male _____ female _____

Last First

Address _____ Phone () _____

City and State _____ Zip Code _____

I know that running the YMCA Turkey Trot 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 _____

Are you a YMCA member?
yes _____

Co-Signature (Parent/Guardian must cosign if applicant is under 18 yrs of age) no _____

ENTRY FEE

by 11/12w/T-shirt (\$15) _____
by 11/12w/out T-shirt(\$10) _____

**After 11/12 w/T-shirt (\$20) _____
**After 11/12w/out (\$15) _____
Total _____

Shirt size: (Circle one)
M L XL XXL
Availability guaranteed for first 300 applicants.

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

Please make checks payable to:
YMCA of York

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

DOUBLE DEUCE

Two-Mile Run

Featuring the popular Double Deuce long-sleeve shirt,
guaranteed for the first 125 registrants

December 31, 2004
11:55 p.m.

Two miles in downtown York
Starts on Market Street in front of the York County Government
Center (formerly the York County Courthouse)

Featuring great random prizes and changing area prior to race

Costume Division
(Special prizes to the three best-costumed finishers)

Sponsored by:



SUEQUEHANNA PFAITZCRAFT CO. York's Newspapers
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CITIZENS BANK
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PRESENTS

First Night, York



DOUBLE DEUCE

TWO MILES! TWO YEARS!
2004-2005



DOUBLE DEUCE RUN
YORK CITY RECREATION & PARKS
ONE MARKETWAY WEST 3RD FLOOR
YORK PA 17401



Be a part of the excitement and magic of First Night, York!

Pre-registration:

\$10.00 prior to Friday, December 17, 2004
 \$15.00 after Saturday, December 18, 2004
 Custom-printed long-sleeve shirt guaranteed for first 125 registrants

Race-night Registration:

\$15.00 on December 31, 2004
 Register in the lobby of One Marketway West building on the Square
 10:45 to 11:45 p.m.

Prizes to be Awarded:

Top 3 male finishers
 Top 3 female finishers
 Top 3 costumed finishers

Timing:

York Road Runners Club

For more information:

Contact York City Recreation and Parks
 (717) 854-1587 or www.yorkcityevents.org

Not interested in running the event, but would like to volunteer?

Volunteer time slots are available throughout event day and during the event.
 Please fill out the registration form and check off "volunteer."



DOUBLE DEUCE REGISTRATION FORM

RACE (Male Female) COSTUME CONTEST

Name _____ Age _____

Address _____

City/State/Zip _____

Phone Number _____

Long-sleeve shirt size (circle one): S M L XL (First 125 applicants guaranteed a shirt)

I understand a road race is a potentially dangerous activity and I, the undersigned for myself, my administrators, my
 helix, and assigns, assume all risks associated with running or walking in this event and do hereby release and
 discharge the City of York, York Road Runners Club, race officials, sponsors and volunteers from any and all claims of
 liability for death, personal injury, or property damage of any kind arising out of participation in the race. I agree to
 abide by all decisions of the race officials. I agree to exercise all safety precautions and certify that I am physically
 fit for the event.

Signature _____ Date _____

Parent's signature if runner is under age 18 _____

Make checks payable to YORK CITY RECREATION & PARKS and return with completed entry form

VOLUNTEER

Name of Interested Volunteer _____

Age _____ Phone Number _____

Volunteers needed: December 31--circle interest

2:00-4:00 race packets

10:30-11:45 race registration

11:45-12:30 post race refreshments

lead bike

course marshals

race sweepet (bring broom)

Mail completed entry form and entry
 fee to:
 DOUBLE DEUCE RUN
 YORK CITY RECREATION & PARKS
 3RD FLOOR
 ONE MARKETWAY WEST
 YORK PA 17401



YRRC EXECUTIVE MEETING

The Committee met at the home of Jack Goodwin at 7 pm on, October 4, 2004. Attending were Officers Chris Young, Bobbie Kehr, Doug Moyer, Bob Weikert, Tom Schaffstall, Jack Goodwin, and Pamela Paule. Members at Large: Mike Kehr and Rosa Schaffstall.

Committee Reports:

Secretary: Minutes from the August meeting were corrected. December 31, 2004 is the Newsletter deadline for Feb/March not Jan/Feb as previously reported

Treasurer: Balance as of August 31, 2004 was \$10,596. Of this amount \$2,292 is being held for the Lady White Rose Race and \$3,693 is held for County Parks and Recreation.

VP Membership: Current membership is 349 as of 10/4/2004. Please remember to forward any change of address to Bobbi Kehr, 741-2117 or e-mail rat@blazenet.net.

Merchandise: Merchandise sales are good; the club is making a small profit on the sales items. Club merchandise will be for sale at all of our races. Bob Weikert suggested offering long sleeve shirts. Bob will check on pricing.

Newsletter Items of interest and articles are always welcome. Deadlines for submission is as follows:

- 12/31/2004 for Feb/ March
- 2/28/2005 for April/May
- 4/30/2005 for June/July
- 6/30/2005 for Aug/September

Old Business: Discussed shutting down the old club website, and or linking or redirecting to our new site.

The committee discussed the beginner running program. Several members expressed interest in participating in the program, however no one has come forward to lead the program.

New Business: A ballot to elect club officers will be in the Dec/Jan Newsletter. We will be giving trophies to the High School Cross Country teams at the Indian Rock Dam 10k on 3/6/2005. Bob Weikert stated that Olivia's House would benefit from the 2005 Bon Ton 5 miler. Bob also stated that gearing up for the Winter Series is underway and going well. The

applications are out with some changes. Bob suggested that we have photos of club officers posted on our website so members can identify them at events, (to be discussed further at the December 2004 Executive Meeting). One of our timing clocks will need replaced in the near future at the cost of about \$2,000. Purchasing plans were tabled for the present due to lack of funding.

The committee discussed and voted in favor of the YRRC sponsoring a JR High Invitational track meet. The cost was estimated to be about \$150.00. Bob Weikert will draft and send letters to JR. High track coaches to find how many schools would be interesting in participating

Wellspan offered speakers for our club meetings, we will find out more about what they have to offer.

Next Meeting

The next Executive Meeting will be held on December 13, 2004, at Jack Goodwin's house, 551 Findlay Street, York, PA 17402, (call for directions if needed).

The meeting adjourned at 8:15 pm. Minutes prepared by Jack Goodwin.



Send News, Stories, Race Results and other things of Interest to:

Julie Bear H: 755-0419 rescuemal@aol.com

Pamela Paule H:751-4497 ppaule@choyork.org



Adopt-A-Highway

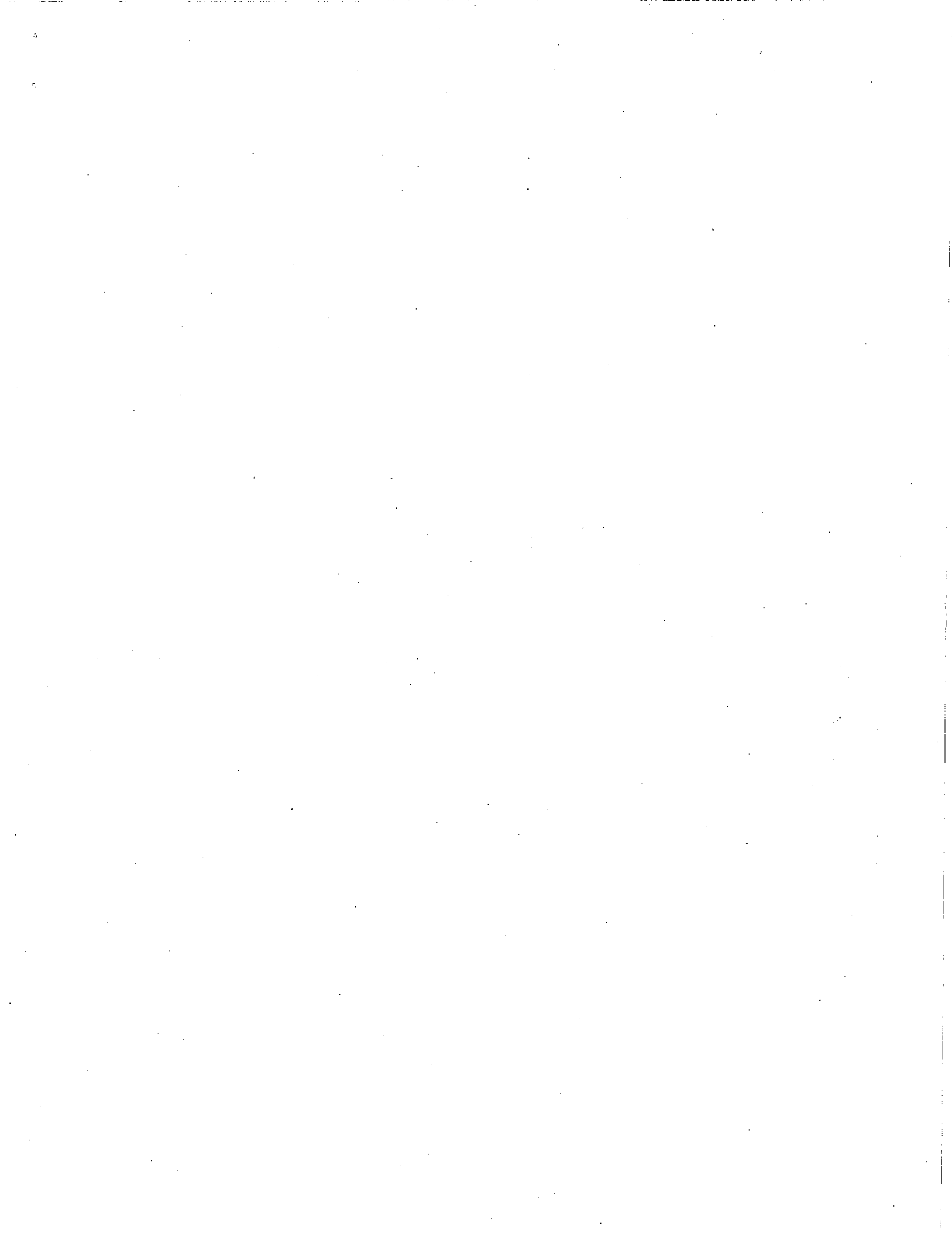
The next pickup will be Saturday, January 29, 2005 at 8:00 am.

We need 2 people to help, (for about 1.5 hours). Good exercise and community service

***Call Jack Goodwin
H: 600-2282 W: 718-2951***

Thanks to John Boyle and Pamela Paule for their help on Saturday 10/23/2004.





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

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

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

Club Merchandise

Bob Weikert notes that 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 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!

