

KEEPING TRACK

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☞ Club Info Web Site: yorkroadrunners.com ☞

YRRC NEWSLETTER #178 April 2005 – May 2005 PRESIDENT'S MESSAGE, by Robert Weikert

This is the time of the year as runners we all hope for warmer temperatures and clear roads. As I sit down to write this special message, the forecast for tomorrow is 6 to 10 inches of snow. It might be a good day for cross training and staying off the roads.

This year's Winter Series has been a very successful and enjoyed by runners and athletes of all ages. As of today we have completed seven of the eight races and our final race is scheduled for next Sunday, the "Indian Rock 10K". This year's series has had two major changes added to it. We added the Dallastown Wildcat 10K for our third race and our new race director Bob Breighner followed the lead of the other race directors and did a great job. I personally found the course to be tough, challenging, scenic and a lot of fun. I believe everyone had a good time and it will be part of the 2006 race schedule. The other big change was the later start times for most of the races. This was done to give time for the black ice to melt off some of the courses. This change provided plenty of positive and negative comments from all runners. Keeping this change for next year will be up to the individual race directors.

Speaking of the Winter Series, I'm looking for one or more people to step up next year to train for a year with Jan Workinger and me. We have been at the helm of the WS for the past five years and both of us want to step down and let new leadership take over the WS **after** next year. If you would like to discuss this great opportunity, please contact Jan or me for details. Race plans for the spring and summer months are shaping up.

Keep up to-date with upcoming activities by visiting our new web page www.yorkroadrunners.com. While you're browsing the web page, check out our new line of YRRC merchandise. Also make sure when you run a race out of the YRRC area, that you provide your comments on the race and also your time and place results to our Web Master, Julie Bear, and Pamela Paule, VP Newsletter.!

Thanks for everything
Robert Weikert
President.

YRRC EXECUTIVE MEETING

The Committee met at the home of Jack Goodwin at 7 pm on February 7, 2005. Attending were officers Doug Moyer, Bob Weikert, Jack Goodwin, Pam Paule and Member at Large, Sonja Billet.

Committee Reports:

Secretary: Minutes from the December, 2004 meeting were corrected & approved.

Treasurer: Balance as of 1/31/05, \$12,479.09 / \$4,538.50 held for Parks & Recreation / \$2,747.39 savings / \$5,193.20 checking.

VP Membership: Current membership is 348 as of 11/15/04. Please remember to forward any change of address to the membership committee.

Merchandise: Blinking armbands and shirts are selling well. \$536.00 in sales since 11/04.

Newsletter & Web Site: Items of interest and articles are always welcome deadlines for submissions for the newsletter is as follows:

2/28/2005	April/May	4/30/2005	June/July
6/30/2005	August/September	8/31/2005	October/November
10/31/2005	December/January	12/31/2005	February/March

Please e-mail your items for the newsletter to ppaule@choyork.org and for publication on the club website, send your items to Julie Bear rescuemal@aol.com

Old Business:

- Julie Bear made changes on our web page. Added 'Happenings'.
- Our page has had almost 2000 hits since its inception.
- Our site will add a link to the York County Rail Trail.
- Doug received the pledge card for the York College Capital Campaign.

- The club is pledging \$100.00 a year for five (5) years.
- Participation Award Coasters (400) for the Winter Series have been ordered.
- The Yoga for Runners Class will be posted on our website to get a count on members who are interested in participating. We will post the date and time if enough members are interested.
- An individual came forward and offered to cover the cost of the new cones that the club needed. *The YRRC extends a sincere Thank You to this individual !!

New Business:

- The committee voted to change the number of awards for the 12 & under age group in the winter series. We will go 5 deep with a 5-race minimum.
- The Panther invitational entry forms are being sent out. The Central High School Booster Club offered to help with the refreshments for the meet. They will provide the food items. The YRRC is responsible for supplying the volunteers to operate the snack bar.
- The committee voted to donate the cost of the clock & timer for the Clay Shaw White Rose Race due to the fact that the event went into the red.
- The club will again sponsor four (4) events at the White Rose Invitational Track Meet at a cost of \$40.00 per event. The YRRC President, Bob Weikert, will present the awards for the events.
- Bob Weikert is seeking a donation to cover the costs of the vests for the YRRC event volunteers.
- The BonTon (aka: BobTon), Race will be benefiting the Oliva House this year. The Olivia House will provide 20 volunteers to help with the event.
- The committee voted to make an in-kind donation to the Run for Charity 2005 Race to cover the timing equipment and timer. The event benefits the Four Diamonds Fund and MS Society.
- The committee decided that the membership database would not be released for use outside of normal club business.

Next YRRC Executive Meeting: April 4, 2005 at 7:00 p.m. at Jack Goodwin's home.



Next Adopt-A-Highway: April 16, 2005 at 8:00 a.m.
For details call Jack Goodwin: 600-2282 (H) or 718-2951 (w).



Dates and Times for 2005 Executive Committee Meetings:

02/07/2005 04/04/2005
06/06/2005 08/01/2005
10/03/2005 12/05/2005

Upcoming Club Events:

May 16, 2005

5k Poker Run at John Rudy Park at 5:30 pm. Hot Dogs and beverages will be provided, please bring a covered dish to share. Small prizes will be awarded for best poker hands.

June 15, 2005

Country Run I, held at the York Water Co Employee Center on Hess Farm Road, 5:30 pm. Bring a covered dish. The club will provide hot dogs and beverages. There will be running and swimming at 5:30 pm.

July 24, 2005

YRRC club picnic to be held at William Kain County Park, at the Lake Redman Boat Launch Area in the Perch Pavilion. The picnic will be held immediately after the Bon Ton 5 Miler and will at 6:00pm

August 10, 2005

County run II held at the York Water Co Employee Center on Hess Farm Road, 5:30 pm. Bring a covered dish. The club will provide hot dogs and beverages. There will be running and swimming at 5:30 pm.

LOST-BUT-FOUND COLUMN

by Tom Schaffstall

Here we are once again! Another year has gone by since I wrote a piece like this. Our memories still hold what's near and dear to us though.

FYI - For those of you that are new to the club, this column was started in the early 90's to report funny or unusual items found along the roads or wherever. We've had some pretty unusual finds in the past from cell phones to XXX videos. However, in the last few years, there has been a kind of competition between some families as to how much money is found in the year. Dan VanHouwe has had the distinction of finding the largest amount at one time. He found 2, \$20 bills 2 years ago. Jane Nelson did find a \$20 one-year as did Tom. Check out a few of the previous year's newsletters for some other very unusual items other than currency. Contact this columnist if you would like to report anything or join in on the fun.

The "competition" has continued for the 3rd year with 4 competitive running families. The Doug Moyer family had been our newest competitor. The Dan VanHouwe Family (Dr. Dan, Lynn, Darren, and Elaine) joined in a couple of years before that. Bill and Jane Nelson joined in the fun next along with this columnist. Once again it is hard to believe that the VanHouwes' and the Nelsons' find the large amounts they do. It's unbelievable how much they have found all together. Nevertheless, Jane and Bill have nothing to squawk about. For Jane and Bill's lesser amount found this year, about ½ of what they found the year before (that was \$65.98), Jane gave the excuse that their time on the road was limited. Also, they blamed the economy for possibly making it have less money in everyone's possession. I'm not sure what the VanHouwes' excuse was this year since they didn't give one. However, they both did well enough according to this columnist. Regardless of how and where the money is found, both families can say they can "go to the bank" with their total find or some may "go to the fish market." Just unbelievable!!!!!!

Now on to the annual report of the \$ found by the 4 running families. It sure was a close competition too this year as you'll see. In first place again were the Nelsons' but not by much (the difference was a slight \$.56). They found another unimaginable amount nevertheless. It was (only?) \$40.21. WOW! How's that for a little bending over? It's certainly was not a record for them though. Two years ago may have been with their total find of \$84.74. The year before, they found \$70.22. The year before that was \$53.66 and the year before that was \$31.32. In addition to the money, they did report other unusual items. They found an English 10 pence piece, a Mexican 50 cent coin, a small diamond ring, and a man's gold chain. Great work you two!!!!

In second place for the year 2004 were the VanHouwes'. Their total was \$39.65. Great job! The year before this they found \$63.93. The year before that they found \$60.74, before that was \$51.79, and the year before that was \$35.18. That seemed like inflation for a few years there but last year broke the upward trend in total money found. What happened to you 4 VanHouwes'? Possibly it's due to Darren's and Elaine's faster running abilities (as I jokingly stated in an earlier column that when you run fast, it's

harder to see things on the ground – this had been this columnist’s excuse when he was running faster) and poorer eyesight due to the ageing process for Dan and Lynn! Who knows . . . Hopefully they will reinstate that inflationary type trend for the year 2005. Continuing, this competitive family even keeps track of their totals by the month. How’s that for good record keeping? They report that they were off to a good start in January with \$5.32 found but that type of trend didn’t continue. They found the most in November (\$6.11) and the least in August (\$.69). Lynn reports that with their money again this year, they bought 3 pounds of shrimp which they’re continuing to enjoy into 2005. I still enjoy and will repeat here Lynn’s final comments 2 years ago as she stated, “THANK YOU to all who drop money where we happen to run!” Great job to you all too!!!!!!

Coincidentally, it was a close competition between the Schaffstalls’ and the Moyers’ this year too. In 3rd and not last place this year was the Moyer family. Congratulations for coming out of the dungeon! Their total find for 2004 was \$10.68. Their total for 2003’s money found was \$2.69 and the year before that was \$3.83. If you may remember, I joked to Doug about spreading some of the Club’s money around (since he is treasurer) their running route. Apparently he took my suggestion with almost 5 times the amount found last year from the previous year. Do we need an audit, Doug? Doug had nothing unusual to report other than they found a higher number of quarters. Great job, Moyers’!

And, regrettably, in last place were Rosa and Tom. It was close though. Our 2004 total find was \$10.21. This was not a record however for us. The year before was found a whopping \$12.76. The year before that was \$9.78, before that was a measly \$1.42, and before that was \$2.52. (FYI – we may have a dismal year for 2005 too as it looks right now anyway. As of the writing of this column in early Feb., we haven’t found anything yet to place in our special collection jar) We tend to have a higher total when bills are found. For instance, when Rosa and I went for a run sometime last year, Rosa looked down at a seemingly empty pack of cigarettes. Upon giving it a second glance, she spotted the money folded neatly and tucked into the clean plastic-wrap part of the package. To our surprise, in there was a \$5 and \$1. That was cool! I do have an excuse though for the last 4 years. My running has been cut back drastically. After a recent extreme flare-up of aches in the knee and hip areas, I finally went to see a specialist. He unhappily told me it was not something that could be fixed. It was that dreaded word osteoarthritis. Bummer! So for what’s its worth, do lots of stretching and cross training to minimize the tightness in you leg areas. I didn’t like his suggestions to take up yoga, swim, and do less running on hard surfaces and more on grass or like surfaces. I’ll be out and about some but it looks like my competitive days may be over. However, I am happy with my accomplishments as I competed in my 40’s to about 4 years ago. Happy and healthy running to all!

Anyone wanting to join the fun should call Tom at 755-6806 or tschaffstall@aol.com

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Josh Mottin Memorial 5K Run

Hello, my name is Kelley Loser and I am a junior at Central York High School. As my senior exit project, I am planning a 5K race in memory of Josh Mottin, a former student at Central and friend of our family. All the proceeds are going to benefit his Memorial Football Scholarship. The race is planned for April 30, 2005 at 1 P.M. and will be held at John Rudy Park. I would appreciate if you could support this event. Any contributions or sponsorships of this event would be greatly appreciated. For more information, I can be contacted at 757-5449 or e-mailed at ThreeMileTracker@suscom.net. Thank you.

Kelley Loser
Race Director

FYI

The Marine Corps Marathon starts online registration on April 6, 2005. There will be no lottery. The race field will be open to 30,000 runners. This year being held on 10/30/05

Race Results

Steve Smith Ran the Hands on House Half Marathon in a time of 1:38, on October 2004

Email your race results to ppaule@choyork.org and Julie Bear, rescuemal@aol.com

New Members

Glenn Smith
3141 Skylight Dr. West
York, PA 17402

Scott Podgurski
1714 Long Level Road
York, PA 17402

Nathan Kocher
2315 Warwick Road
York, PA 17404

Allen Nussbaum
2410 Sutton Road
York, PA 17403

Sean Sites
3543 Riding Club Dr.
York, PA 17404

RACE CALENDAR – MARCH 13, 2005 to NOVEMBER, 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)

MARCH 13, 2005

- 13 St. Joseph's Day 5K, Mechanicsburg High School, Mechanicsburg, PA,
- 13 Outback 5K for the YMCA, 8:30am, Columbia, MD, 410 465-4334
- 13 Shanksville 10K / 5K, 1pm, Shanksville – Stonycreek H.S., Shanksville, PA, 814 445-6213
- 13 Cesar Rodney Half Marathon, 9am, Wilmington, DE, 302 654-6400 or www.races2run.com
- 13 Cougar Crawl 5K, 9am, Springfield High School, Springfield (Delco), PA, 610 544-8476
- 19 Chambersburg Half-Marathon, 9:30am, Chambersburg, PA, 717 263-9426 or www.chambersburgrrc.org
- 19 3rd Fighting Irish 5K, 9am, Chestnut Hill, PA, 215 896-1695 or www.fightingirish5K.com
- 19 Diane Kelly Memorial 5K, 10am, Warren, PA, 814 726-0110 or chris@warrenymca.org
- 19 Falcon Cross-Country Run (race day entry only), 10am, Westminster, MD, 410 857-4974 or dptgettysburg@aol.com
- 19 Knights of Columbus 5K, 10am, Somerset, PA, 814 445-6213
- 19 5K Race for Open Space, 10am, Rehoboth Beach, DE, 302 644-8952 or tim@seashorestrider.com
- 20 City Six, 9am, Kelly Drive, Phila., PA, Drexel U. Ath. Dept., 215 895-2025 or www.des26@drexel.edu
- 20 2nd Run Around Egg Hill 10 Miler and Relay Race, 2pm, Penns Valley, PA, <http://highergroundwebdesign.com/egghill/>
- 20 Ocean Drive Marathon, 9am, Cape May, NJ, 609 523-0880 or www.odmarathon.org
- 20 25th Winter's End 4.5 Miler, 10am, Penn State Wilkes-Barre Campus, Lehman, PA, Vince Wojnar, WYOVALSTR@aol.com
- 26 Sauder Egg 5K Lititz, PA, 717 626-5096
- 26 Fool's Run 10K, 10am, Indiana, PA, 724 349-1354
- 26 Lactic Acid 5K, 10am, State College, PA, Jennifer Martin at jvm129@psu.edu
- 26 Just a Short Run: Half-Marathon. 5K, 8:30am, State North Park, PA, 412 490-0881 or ksmith@eliterunners.com
- 26 Just a Run, 9am, Short Run: 30K, Half, and 5K, 8:30am, Staate North Park, PA, 412 490-0881 or ksmith@eliterunners.com
- 26 11th Mt. Penn Mudfest 15K Trail Run, 10am, Reading, PA, Ron H., 610 779-2668 / rhornpcs@aol.com or www.pagodapacers.com

APRIL, 2005

- 2 The Fools' Run 10 Miler / 5K, 10am, Kutztown, PA, 610 683-8860 (mornings only) or kaccinfo@ptd.net
- 2 Run with the Nights 5K (race day entry only), 9am, Century H.S., Eldersburg, MD, 410 549-1123 or Vintage66Pony@aol.com
- 2 4th Spring Forward 5K, 10am, Pottstown, PA, 610 369-9569 or jallen40315@comcast.net
- 2 Eat 'em Up 5K, 8am, Gettysburg Recreation Department Community Center, Gettysburg, PA, www.active.com
- 3 33rd Credit Union Cherry Blossom 10 Miler, Washington, DC, www.cherryblossom.org or racedirector@cherryblossom.org
- 3 21st Cook Forest Half-Marathon, 11am, Cooksburg, PA, 814 393-2081 / www.cookforest.com
- 3 Ken Brumbaugh Memorial 5 Miler, 1pm, Leopold Park, Hollidaysburg, PA, 814 895-4467
- 3 April Fools Run, 10am, Lewes, PE, 302 644-8952 or www.seashorestriders.com
- 9 Butterfly Run 5K, 9am, Malvern, PA, 610 296-3387 or jackieciunci@aol.com
- 9 Race for Jill 5K, 10am, Milton, DE, 302 644-8952 or www.seashorestriders.com
- 10 12th RACC 5K, 10am, Ron Horn, , Reading, PA, Ron Horn, 610 779-2668 / rhornpcs@aol.com or www.pagodapacers.com

- 10 Emmaus 4 Miler, 9:30am, Emmaus, PA, 610 264-9255 or www.lvrr.org
- 10 JCC 5K Freedom Run, 8:30am, York, PA, 717 843-0918 or www.yorkjcc.org
- 13 Main Street Mile, 7pm, Westminster, MD, 410 848-8332 or <http://ccpl.carr.org/~wrrc/>
- 16 2nd APhA Diabetes 5K, 9am, Wilkes-Barre, PA, 570 408-4274 or Pappshs@wilkes.edu
- 16 24th 5K for Clean Air, 9am, West River Drive (next to the Art Museum), Phila., PA, sjacobs@cleanair.org or 215 567-4004 x228
- 16 Ocean City Marathon, 7:30am, Ocean City, MD, www.extremedreamevents.com
- 17 New Jersey Marathon, 8:30am, Long Branch, NJ, www.njmarathon.org
- 17 3rd race for Autism Half-Marathon and 5K, 8am, Lewes, DE, www.ldaf.com or www.active.com
- 18 109th Boston Marathon, 12 noon,
- 23 Grove City YMCA 5K, 10am, Grove City Memorial Park, Grove City, PA, 724 458-9781 or tarhuskie@hotmail.com
- 23 Race Against Violence 5K, 9am, West Chester, PA, 610 692-1926
- 23 Nazareth YMCA Hot Pursuit 5K, 10am, Nazareth, PA, 610 759-3440 or karenkoch@nazarethymca.org
- 23 York Catholic 5K, 10:30am, York, PA, 717 846-8871 x20
- 23 Perkiomen Valley Strides for a Cure 5K, 9am, Spring Mount, PA, 610 248-8551 or tarcherPTAC@aol.com or www.active.com, timing by Ron Horn
- 24 Runner's World Half-Marathon,
- 24 Not Just a Walk in the Park 5K, 10am, West Chester, PA, 215 972-5200 or tmcdevitt@rjm-law.com
- 24 Commodore Barry Bridge 5K/10K, 9am, Chester, PA, 610 566-7710 or www.active.com
- 24 5K Run for Dana Marie, 1pm, Phoenixville, PA, 610 935-0911 or stevencarr@aol.com
- 30 LADY WHITE ROSE 5K, 9am, York, PA, Krista Darr, 717 428-3336 or kdaarr@suscom.net
- 30 Harry Smeltz Jr. Rocket Run for Scholars, 8am, Spring Grove, PA, 717 225-4469
- 30 Star Memorial 5K, 9:15am, Hanover, PA, erik_wittmer@sbsd.k12.pa.us
- 30 Josh Mottin 5K Memorial Run, 1pm, John Rudy Co. Park, York, PA, Kelly Loser, 717 757-5449 / ThreeMileTracher@suscom.net
- 30 Universal City 5K, 11am, Drexel University, Phila., PA, 215 895-2794 or www.univcity5k.org
- 30 St. Dots Challenge 5K, Drexel Hill, PA, 9am, 610 446-0261
- 30 7th YWCA Race Against Racism 5K, 9am, Lancaster, PA, 717 393-1735 x227 or mkeimshenk@ywcalancaaster.org
- 30 6th Race for Women's Health 5K, 8:30am, Lewisburg, PA, 570 523-3600 or 0260

MAY, 2005

- 1 31st Cherry Blossom 5 Miler, 10am, Penn State Wilkes-Barre Campus, Lehman, PA, Vince Wojnar, WYOVALSTR@aol.com
- 1 Broad Street 10 Miler, 8:30am, Philadelphia, PA, 215 683-3594 / www.broadstreetrun.com
- 7 23rd Flower Market 5K, Wilmington, DE, 302 654-6400 or info@races2run.com
- 7 9th Iron Hill Brewery Race Against Violence 5K, Newark, DE, 302 654-6400 or info@races2run.com
- 7 Brethren Home Race for the Ages, 9:30am, New Oxford, PA, 717 624-5208 or k.miller@brethrenhome.org
- 8 14th Spring Trail 5.5 Miler, 1pm, Frances Slocum State Park, Kingston Twp., PA, Vince Wojnar, WYOVALSTR@aol.com
- 8 Run for the Cure 5 Miler, 8:15am, Philadelphia, PA, www.phillyraceforthecure.org
- 8 Crime Alert Berk's Alligator 10K Trail Run, 9am, Albright College, Reading, PA, 610 921-7672 or www.akbrught.edy/services/security-main.html
- 14 JK 5K to Benefit the Jubilee Soup Kitchen, 9am, South Park, PA, 412 221-1145 or

WTS300@aol.com

- 14 Relay Day 5K, 9am, Cedar Crest H. S., Lebanon, PA, 717 861-7154 or jill.wolfe@ingrammicro.com
- 14 Joe Heyer Memorial 5K, 9am, Paradise, PA, 717 442-1004 or active.com
- 14 The Susquehanna Law Enforcement Camp Cadet 5K, 9am, Lewisburg, PA, 570 524-2662 or mburrows@pa.state.us
- 15 Strides for Children 5K, 1:30pm, YMCA, Hanover, PA, Dana at 717 334-1518 x247 or dshuman@adamscha.org
- 15 2nd Coventry HealthCare Delaware Marathon, 7am, Wilmington, DE, 302 654-6400 or wayane@races2run.com
- 18 The inaugural Trooper Ron 5K, Wilmington, DE, 302 654-6400 or info@races2run.com
- 21 4th Cokesbury Village 5K, Hockessin, DE, 302 654-6400 or info@races2run.com
- 21 The inaugural Fair Hill Nature Ctr. 5K, Fair Hill, MD, 302 654-6400 / info@races2run.com
- 21 Gibson Island Country School Chessie 5K, Pasadena, MD, 410 439-4494 or www.quiltware.com/gics5k2005htm
- 21 So. Branch YMCA 5K, 10am, Shrewsbury, PA, 717 235-0446 or rshinnick@comcast.net
- 22 9th Sick Trail Run 4.5 Miler, 1pm, Millville, PA, 570 458-6508
- 22 Millersville Mile, 6:30pm, Millersville, PA, Judy at 717 872-8810 or www.millersvillmile.homestead.com
- 22 9th Sick Trail Run 4 ½ Miler, 1pm, Millersville, PA, Scott and Ann Sick, 570 458-6508
- 24 5th Penn State Kinesiology Club 5K Challenge, 10am, State College, PA, szt245@psu.edu
- 28 25th Black Moshannon YMCA 10K / 5K, 10am, Philipsburg, PA, 814 342-6296
- 28 18th Memorial 5K, 9am, Lebanon VA Medical Center, Lebanon, PA, 717 228-6188 or david.strasz@med.va.gov
- 29 Dahoga Dash 5K, 9am, Wilcox, PA, 814 965-5482 or lindfurnj@alltel.net

JUNE, 2005

- 4 9TH DOLLARS FOR SCHOLARS 5K, 9am, Northeastern H.S., Manchester, PA, 717 266-3250 or griffithw@nesd.k12.pa.us
- 4 Memorial Hospital 5K, 9am, York, PA, TBA
- 4 31st God's Country Marathon, 8am, Coudersport, PA, 1 888 768-8372
- 4 10th RUN THE ROCK 5K, 8:30am, Glen Rock, PA, Glenn Engler, englergw@msn.com or 717 235-4129
- 4 14th RUN FOR SIGHT 5K, 9am, Naylor's Vineyard, Stgewartstown, PA, Don Scarborough, 717 993-6942
- 11 York Habitat for Humanity 5K, 8am, Dover, PA, 717 854-6168
- 11 Gene Gladfelter Memorial Mile, 8:30am, Shiloh, PA, 717 849-4040 or gladfeltermile@yahoo.com
- 18 Double Creek Half Marathon (7am), 5K (9:15am), and Bike Tour (7:30 – 9am), Dover, PA, Replaces York Hospital Fete, 717 851-4210 or www.doublecreek.org
- 26 8th Double Trouble 15K / 30K Train Runs, 10am, French Creek State Park, Reading, PA, Ron Horn, 610 779-2668 / rhornpcs@aol.com or www.pagodapacers.com
- 26 York YWCA Ladies' Sprint Triathlon, 8am, Dallastown, PA, 717 845-2631 or www.ywcaofyork.org

JULY, 2005

- 4 Freedom 5K, 8:30am, Greensburg, PA, 724 837-5468 or freedom5k@comcast.net
- 9 15th Gettysburg 5K, 8am, Gettysburg, PA, 717 334-9171 or www.ywcacagettsburg.org
- 9 World Gym Firecracker 5 Miler, 9:15am, Shillington, PA, 610 775-9776 or www.makebreak.com
- 18 Old New Castle 5 Miler, (RRCA DE State Championship), New Castle, DE, 302 322-6040 or www.oldnewcastlerun.com
- 24 27th BON TON 5 MILER, 7:30am (fun run, 7:35) – NEW TIMES, York Galleria,

Jan Workinger, 717 840-1802 or resOye9i@verison.net
24 Winning Kick 5K, 9am, Reading, PA, Ron Horn, 610 779-2668 or www.pretzelcitysports.com

AUGUST, 2005

- 7 Grings Mill 5 Miler, 9am, Reading, PA, www.pagodapacers.com
7 22ND MARKET STREET MILE, 6pm, York, PA, YMCA of York,
Amy at 717 843-7884 x269
14 Half Witt Half Marathon Trail Run, 9am, Reading, PA, Ron Horn, 610 779-2668 or
www.pretzelcitysports.com
27 7TH YORK 10 MILER, 9am, York, PA, Chris Young, 717 495-4019 or
cyoung1991@hotmail.com

SEPTEMBER, 2005

- 10 Manheim Township 5K, 8:15am, Manheim, PA, 717 391-9722 or www.redroseraces.com
17 So. Branch Sprint
18 Wildlands Challenge Adventure Race (teams), 8:45am, Blue Marsh Lake, Bernville, PA,
610 775-9776 or www.makebreak.com
18 Philly Distance Half Marathon, Philadelphia, PA, www.runphilly.com
24 Cassville Octoberthon 5K, 9am, Cassville, PA, 814 448-3230

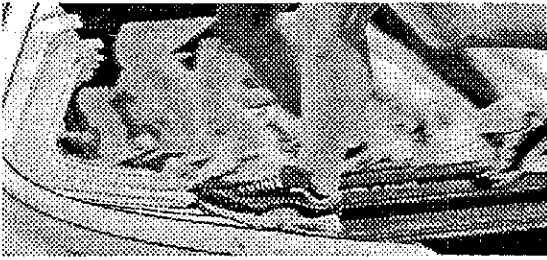
OCTOBER, 2005

- 2 MINA MILLER MEMORIAL HEALTHY CHOICES 5K, 10am, York Seventh Day
Adventist Church, York, PA, 1 mile at 9:30, Riggs Leach at 717 246-2240 or 757-3079
1 Hands-on House Half Marathon, 9am, Lancaster, PA, 717 391-9722 or
www.redroseraces.com
2 "Dam Half" Half Marathon, 10am, Mifflinburg, PA, 570 837-1222 or wkwarren@pld.net
9 French Creek Fling Adventure Race (teams), 9am, Birdsboro, PA,
610 775-9776 or www.makebreak.com
15 5th Baltimore Running Festival (marathon, half, relay, and 5K), Baltimore, MD,
410 605-9381 or www.thebaltimoremarathon.com
15 Covered Bridge 10 Miler and 5K, 9:30am, Atglen, PA,
16 Hebrew Home of Greater Washington Oy Vay 10K/5K, 8:30am, Rockville, MD,
301 770-8351 or www.hebrew-home.org
16 PARTNERS IN THE PARK 5K, 2pm, Rocky Ridge Park, York, PA, Hal Darr,
717 741-3693
30 Marine Corp Marathon, Washington, DC, www.marinemarathon.com
30 18th Fall 5 Mile Trail Run, 1pm, Frances Slocum State Park, Kingston Twp., PA,
Vince Wojnar, WYOVALSTR@aol.com

NOVEMBER, 2005

- 5 Yiengst Memorial 5 Miler Scholarship Run, 9:30am, New Oxford, PA, 717 632-6751 or
Kappesl17@suscom.net
12 29th YORK WHITE ROSE 5 MILER, 9am, York, PA, Clay Shaw, 717 764-1181 or
sports35_photography@yahoo.com
27 Dirty Bird Trail 9.3 Miler, 10am, Birdsboro, PA, Reading, PA, Ron Horn, 610 779-2668 or
www.pretzelcitysports.com

DECEMBER, 2005



Run the Double Creek Half Marathon/5k

Come and run the Double Creek Half Marathon/5k. This race is the evolution of what was the York Hospital Fete Run For Wellness. The Run For Wellness had been in existence for close to 30 years and had become a rite of spring for local runners. This year we have stepped it up a notch and joined the Double Creek Bike Tour to offer two great events in one.

Last year the 5k set record attendance and with the addition of the half marathon this year we are looking to blow away last year's participation record. So far the response to the Double Creek Half Marathon/5k has been fantastic. I have had people contacting me just about every day to find out more info on the race. Unfortunately the information on the www.doublecreek.org web site is a work in progress and on-line registration is not up and running as of the February. We do expect our web page guys to have it up and running some time in March, until then please feel free to contact me with your email or postal address and I will be happy to contact you when registration is up.

The Double Creek Half Marathon/5k is a great event to make your first half marathon or a good time of year to see what kind of shape you are in to prepare for a fall marathon. The Double Creek is the last race in the Hanover Toyota Cup Race Series and each race in the series will give you incentive to prepare yourself for the Double Creek Half Marathon. Please go to www.hanovertoyota.com for more information on the Race Series.

The half marathon course is wheel measured and consists of wooded roads, flat sections along the Conewago Creek and rolling farmland. The 5k is an out and back course that is rolling farm land.

Double Creek Half Marathon/5k and Bike Tour – A Hanover Toyota Cup Series Race

- • Saturday June 18th 2005
- • Start and Finish at North Salem Elementary - 5161 North Salem Church Road, Dover, Pa 17315
- • Half Marathon starts 7:00am
- • Bike Tour starts 7:30 – 9:00
- • 5k starts 9:15
- • ½ mile Fun Run 10:00
- • Banquet/Lunch/Awards/Reception – Starts at 11:00
- • Web Site – www.doublecreek.org

Continued

- • A Hanover Toyota Cup Series Race.
- • Double Creek Tour Event Contact, Dee Baker dbaker3@wellspan.org 717-851-2836
- •
- • Double Creek Half Marathon & 5k Race Director, Brett Pfeiger
- • Area Hotel - Holiday Inn Holidome, U.S. Route 30 at Route 74 2000 Loucks Road, York, PA 17404 USA E-Mail
Phone: 717.846.9500 Fax: 717.764.5038 Reservations: 800.992.0613 Online Reservations

Special Features:

- • Free massage provided by Sigafoose Chiropractic
- • Fantastic after party/reception serving a hearty lunch free to all participants
- • Complimentary race photo
- • Door prizes
- • Double Creek giveaways
- • Fast accurate results
- • Many performance based race awards
- • Middle of the pack awards
- • Clearly marked course with mile markers
- • Scenic course for both runners and bike riders
- • Many support volunteers
- • Water stops for bikers and runners
- • Enthusiastic community support
- • Township support and road closures for the event
- • Mechanics at Bike Tour Rest stops
- • Easy online registration – www.doublecreek.org

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

Brett Pfeiger – Double Creek Half Marathon/5k Race Director
717-851-2836

Doublecreekhm5k@wellspan.org

www.doublecreek.org

Brett A. Pfeiger
Director, Enterprise Integration/Data Management Services
915 Indian Rock Dam Rd
York, PA 17403
Desk: 717-851-2836
Fax: 208-978-7790
Email: bpfeiger@wellspan.org

Walt Disney Marathon Report Sunday January 9, 2005

By John Boyle

We were up at 4am on Friday in Pa to make the 10am BWI flight to Orlando. We were staying at the All Star Movie Resort in Disney (\$79 per night-not too bad) which was at the end of the bus-shuttle run. Team In Training (Leukemia) filled most of the bus, & got off at the Yacht Club Resort. When their stop was announced, the ladies erupted with a loud "YEA". Now with only 4 people on board, we arrived at our hotel. Not to be outdone, I had to yell "YEA" all by myself. My wife gave me that "control yourself" look.

It was almost 4:30pm when we checked in. Over a year ago, the person who set up my room reservation knew that I was running the marathon; so I was surprised to enter the room & be met with an OVERPOWERING stench of old cigarettes. We managed to switch rooms when we complained about the odor.

We caught a taxi to the Gaylord Palms Resort outside Disney to register for a continuing education seminar. This place is e-n-o-r-m-o-u-s & absolutely gorgeous. We then went to Disney's Boardwalk area to dine at the Flying Fish Café. My wife had their signature dish of potato-flake coated snapper. I had Tile fish with rock shrimp. I carbo-gorged (I mean carbo-loaded) on their sourdough bread. We both agreed that we just ate the best fish dinners of our lives.

We walked thru the nearby Wyland Gallery. This artist/sculptor is known for seascapes. He has painted the entire sides of buildings with them. The gallery had one painting where one artist did the top part & Wyland finished the bottom. The asking price?
- \$450,000. Gee, that's just a smidge over my Visa limit.

We spent Saturday at the Running Expo at the Wide World of Sports Complex. I picked up the computer chip to wear on my shoe to record my race time. Disney didn't allow sufficient room for this event. I thought the hall was smaller than in other expos I attended.

Back at our hotel, the food court served pasta dinners, & had bagged mini-meals to take to the race the next day (bagel, powerbar, fruit, water)

Sunday am. Race Day!. I was up at 2am. Resort bus transport to the race was available only between 3am to 4am. Drop-off was at the Epcot parking lot, where live entertainment & fireworks awaited the runners as they poured in.
24,000 people would be racing today; half had entered the half-marathon, & half going for the full 26.2-mile marathon distance.

The call finally went out for the runners to begin the 0.6 mile walk to the starting corrals. It was pitch black out. Floodlights run on portable generators were used to illuminate the path. The thousands of participants moved at a snail's pace towards the start of their adventure.

The starting corrals were a few blocks long. Large speakers along the entire lane pumped out throbbing inspirational music. As I entered my corral, a large movie screen was showing Brittany Spears singing "Oops I Did It Again", followed by speeches for Mickey Mouse & Donald Duck.

People were tense, fidgety, & psyched as the final countdown began for the 24,000 runners. The full & half marathon runners started at the same time then split off early in the race.

With a burst of fireworks, we're off. The race starts at Epcot, then around mile 10 reaches Magic Kingdom (near where the half-marathon ends), through Tomorrow Land & under Cinderella's Castle, then Animal Kingdom around mile 16, past Wide World of Sports complex to MGM studios near mile 23, pass the Yacht & Beach Club Resorts, & finally back to Epcot.

As I was leaving the Magic Kingdom, I heard a loud "S-P-A-N-G-G-G" sound, followed immediately by an "OOHHH" from the crowd behind me. The crowds "oohh" exactly matched what you'd hear at a pro-golf tournament when the pro just misses a hole-in-one. The "splang" was from some poor gal, obviously zoned-out, running face-first into a large metal pole. Disney staff were on her in a flash, but she was out of the race.

In MGM, we went thru a tunnel-like alley between 2 buildings. Both sides were lined with picture windows fronting rooms where the costumes & sets are designed for the characters & performances. I wasn't paying too much attention by then, since by mile 16, my left hip joint was giving me a lot of pain.

I noticed a change around me in the last 6 miles of the race earlier, on the roads between the resorts; the air was filled with the happy banter of runners chatting to pass the time. Now, talk seemed to wind down as each runner entered their own zone, their minds dealing with varying levels of pain. Your body was saying, "Stop Stupid, you're hurting yourself". Your minds overriding these signals with, "You've worked too hard for this to stop now". Even the noise of runner's footsteps had changed. In the first 3/4 of the race on the quieter sections of the road, you would hear the steady impact of runner's feet hitting the ground, launching into the next step. Now, the slower "scruff.....scruff.....scruff...." as feet start to drag between steps.

We had started the race with weather cool enough for our breath to steam. We ended the race very warm with a bright cloudless sky. I passed several people near the end, who were out- cold on park benches with IV lines in their arms.

From what I can see from Disney's website, out of 12,000 registered marathon runners, 7726 finished. The first place winner completed the course in 2:19:16. I was hoping to beat my previous time.

My '03 Marine Corp Marathon time 4:57:79
'04 Chicago Marathon time 4:55:47

My results:

I finished around the 34 percentile of those that ran the whole course. I was happy with my place.
Place 2674
Chip Time 4:40:52
Pace 10:50.5 minute mile

This was a PR (personal record) for me, shaving almost 15 minutes off my best time.

On the way back to the hotel on the shuttle-bus, I chatted with a lady who had come over from London just to run this marathon.

A couple of general comments on the Walt Disney Marathon:
There are no pace-groups available for the race. Also, there were no pace wrist-bands at the expo, so print up your own.

Disney gets an "A" for :
The number of portapotties at the start, finish, & along the route.
large number of sites with canned or live inspirational music; & the Disney characters. Biofreeze stations along the race route. You could stop & they'll slather your legs with Biofreeze from gallon dispensers.

All-in all, this was a great marathon experience.

PS:

And your Disney trivia question of the day is:
What is Donald Duck's middle name?
Don't know?

It's Fauntleroy



THE 10TH ANNUAL RUN THE ROCK 5 K RACE AND FUN RUN



WHEN: Saturday, June 4th, 2005 > Registration & Packet Pick-Up 7:30 am – 8:15 am > Early Packet Pick-Up – Thursday June 2nd, 7-9pm at the Glen Rock Library > 5K & Fun Run Start 8:30 a.m.

WHERE: Glen Rock Park, less than one mile from the traffic light in Glen Rock -- take Hanover Street to top hill. Course will be closed to traffic, is point-to-point.

FAST course: Down hill first 1/2 mile. Flat to Finish.

ENTRY FEE: All runners \$15.00, includes "10th Annual" Singlet if entry is postmarked by May 16. After May 16, fee is \$20.00. Late entries not guaranteed Singlet.

5K AWARDS: Special awards to the first three men and women overall. Age group awards to the first three male and female finishers in the following age groups: 13 & under, 14-19, 20-29, 30-39, 40-49, 50 & over. Awards and random drawings following the race.

A FAMILY EVENT: 1 mile FUN RUN with participation awards for all ages and Glen Rock Street Fair – 9:00 am to 4:00 pm

RACE DAY: Mile splits will be given on the 5K course > Shuttle bus service provided from finish area back to start > Refreshments at finish. Water at start, but none during race. > Race is run on Glen Rock Borough Streets and York County Heritage Rail-Trail > Restroom is available – No showers

MORE INFO: Call Glenn Engler (717) 235-4129 or E-mail: englergw@msn.com
Please read carefully and complete by *Printing* all information below:

CUT ALONG DASHED LINE

NAME: _____ BIRTH DATE ____/____/____ AGE ____ M / F

ADDRESS _____ CITY/STATE _____ ZIP _____

PHONE _____ EMAIL (optional) _____

NOTE: if email address is supplied you will receive race results via email free of charge

RACE: 5K / FUN RUN circle one

In consideration of this entry being accepted to the Run the Rock 5K & Fun Run, I waive all claims for myself, my heirs, and assigns against the sponsors, coordinating groups, Glen Rock Borough, Glen Rock Recreation Board, Race Directors, York County Parks, and any individuals associated with the event, and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race. The race organizers reserve the right to reject any entry. I also hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast of any other account of this event, without limitation, and without obligation to anyone to compensate me further therefore.

Please Circle appropriate Dollar Amounts

& Singlet size (NO REFUNDS):

Race Fee:	\$15.00
Race Fee Late Entry:	\$20.00
Results mailing:	\$1.00
TOTAL (cash / check) \$	_____

Adult size:			
S	M	L	XL

Make checks payable to:

Glen Rock Recreation Board
P.O. Box 52
Glen Rock, PA 17327
Attention: Run the Rock

Check here if you have participated in all 9 previous RUN THE ROCK races, as a runner or as a volunteer.

OFFICIAL USE ONLY

ASSIGNED RACE # _____ Age Group: U-13 14-19 20-29 30-39 40-49 50+

Josh Mottin 5k Memorial Run Registration Form

WHEN: April 30, 2005 at 1PM
WHERE: John C Rudy County Park

Josh Mottin



5k Memorial Run

- Male Female (check one)
- RUNNER WALKER 1 MILE FUN RUN

Name: _____ Age: _____
Street Address: _____
City/State/Zip: _____
Phone Number: () _____

Long Sleeve Shirt Size (select one): S M L XL

I understand a road race is a potentially dangerous activity and I, the undersigned for myself, my administrators, my heirs, an assigns, assume all risks associated with running or walking in this event and do hereby release and discharge York County Parks Association, 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 and do not have any pre-existing health conditions that will interfere with my participation in the event.

Signature: _____ Date: _____
Parent or Guardian signature if runner is under 18: _____

Please make checks payable to **JOSH MOTTIN 5K MEMORIAL RUN** and return with completed entry form.

- Registration Fees (postmarked):
- \$15 with shirt prior to 4/15/2005
 - \$15 after 4/15/2005

MAIL COMPLETED REGISTRATION FORMS
AND ENTRY FEE TO:

JOSH MOTTIN 5K MEMORIAL RUN
c/o Kelley Loser
3605 Springetts Drive
York, PA 17402



3rd ANNUAL MEMORIAL HOSPITAL AUXILIARY FIT 'N FUN 5K RUN & 1 MILE FUN RUN/WALK

SATURDAY • JUNE 4, 2005 (RAIN OR SHINE)

8:30 A.M. – 1 MILE FUN RUN/WALK • 9 A.M. – 5K RUN
SURGICAL CENTER OF YORK • 1750 FIFTH AVENUE, YORK
(LOCATED TO THE RIGHT OF MEMORIAL HOSPITAL)

Table with 2 columns: Pre-registration fee before Friday May 25th, Registration fee after the 25th or on Race Day. Rows for 5K Run (\$12 vs \$15) and 1 Mile Fun Run/Walk (\$7 vs \$10). Includes race day registration and pickup details.

AWARDS

Cash prizes awarded to overall top three male and female finishers in the 5K Run. 1st Place \$100, 2nd Place \$75 and 3rd Place \$50. Ribbon awarded to overall top three male and female finishers in 5K Run in each division and overall top three finishers in 1 Mile Fun Run/Walk.

MEN'S/WOMEN'S DIVISIONS

13 and under; 14-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 and over. (No duplication of awards)

RACE DAY

Measured course run is held on paved streets. Professional timer. Complimentary refreshments. Award Ceremony and random drawings will be held following the race.

Parkings available at the Surgical Center of York and at the Victory Fire Company. Please enter through rear entrance on Sixth Avenue.

Mail Applications along with check to: Memorial Hospital Auxiliary, 325 South Belmont Street, York, PA 17403

Make check payable to: Memorial Hospital Auxiliary (Proceed benefit Memorial Hospital Auxiliary)

Please call Memorial Hospital's Community Relations office at 849-5492 for additional information. For directions www.mhyork.org/pri_dd.asp



PLEASE PRINT READ CAREFULLY. NO REFUNDS. RAIN OR SHINE.

EVENT (please check one) [] 5K [] 1 Mile

[] Male [] Female

[] Previous Participant

NAME Last First MI

TELEPHONE ()

ADDRESS

Age on 6/4/05

City State Zip

UNISEX SHIRT SIZE (circle one) S M L XL (Register early -- sizes limited)

In consideration of the acceptance of this entry to the Memorial Hospital Auxiliary Fit 'n Fun 5K and 1 Mile Fun Run/Walk, I, we, all claim for myself, my heirs and assigns the sponsors, operating and coordinating group and any individual associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race. I hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, or any account of this event, without limitation and without obligation to anyone to compensate further therefore.

Signature Date Parent's Signature (If Less Than 18 Years)



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

Jan Workinger 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 Jan at jan.workinger@hillmangroup.com.

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!

