

KEEPING TRACK

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☞ Club Info Web Site: yorkroadrunners.com ☞

YRRC NEWSLETTER #179 June 2005 – July 2005 PRESIDENT'S MESSAGE, by Robert Weikert

Spring is here and so is daylight savings time. This usually is a sign for most runners to have more available running time after a long workday. For this runner it is a time of struggle between outside yard and garden work and running. Two changes made this year should help me in this conflict. First, I had lights added to my mower, and secondly my running partner, "Jan" has moved closer and become a neighbor. We all need to adjust our schedules so we can squeeze in our precious running time. My daily activities always go a little bit smoother when I manage to get in a few miles out on the roads. This is my stress reliever and a time to sort out the daily decisions. It's hard to think back to the days when running wasn't a part of my life. Here are a few highlights of the York Road Runners activities:

Sue Weitzel has started a six-week "Beginners Runners Program" meeting on Wednesday nights. Sue has done a great job of recruiting some excellent speakers and her class attendance has been in the twenties for the first three weeks. A big thank you goes out to Sue and her wonderful assistants for giving up their time and making the Beginners Program a great success.

Planning for the 27th Bon Ton 5-miler is coming together nicely this year. This year's race will Benefit Olivia's House which is a grief and loss center for children here in York. Olivia's House staff has accepted an active role in the planning of the Bon Ton and their involvement will only make this year's race even better. The Bon Ton Five Miler has a great heritage from the past and very promising future, so please sign up and join us this year.

The club's website has been expanding its points of interest by adding a new picture page. If you have any photos of local races that are unique, please email them to Julie Bear for consideration to be posted on this page. Our club's web page has had over 13,500 visits since it started a short time ago. This web page has now established itself as a key information source for the local running community.

May your days always include a good run.

Bob

YRRC EXECUTIVE MEETING

The Committee met at the home of Jack Goodwin at 7 pm on April 4, 2005. Attending were officers Doug Moyer, Bob Weikert, Jack Goodwin, Pam Paule, Bobbi Kehr, Jan Workinger and Tom Schaffstall. Also attending were Michael Kehr, Rosa Schaffstall and Sue Weitzel.

Committee Reports:

Secretary: Minutes from the February, 2005 meeting were corrected & approved.

Treasurer: Balance as of 3/31/05, \$10,807.10, /4,538.50 held for Parks & Recreation / \$296.00 held for the Bon-Ton 5 Miler / \$2,747.39 savings / \$3,225.21 checking.

VP Membership: Current membership is 324 as of 3/15/05. Please remember to forward any change of address to the membership committee.

Merchandise: Everything on the website is current. Discussed a new design for YRRC singlet, for example: new colors and material. Jan Workinger will check on what is available.

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

The group agreed on the new larger print size for the race calendar for future newsletters.

Old Business:

- Our page has had 12,000 hits since its inception.
- The new cones have been received and are being stored at the York Water Company. The YRRC would like to extend a sincere "Thank You" to the anonymous donor for covering the cost of these cones.
- The BonTon (aka: BobTon), Race will be benefiting the Olivia House this year. The Olivia House will provide 20 volunteers to help with the event.
- Bob Weikert is still seeking a donation to cover the costs of the vests for the YRRC event volunteers.
- The Panther Invitational is set for October 8, 2005. Entry forms have been sent out. A few have already been returned. 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.

New Business:

- The Bon-Ton 5 Miler race applications are now available on the YRRC website.
- Current photos of the YRRC Officers will be added to the website.
- Jan Workinger & Bob Weikert will step down as Winter Series race directors in 2 years.
- We discussed insurance for club officers and volunteers. Bob Weikert will conduct more research on what is required and the cost involved.
- The YRRC will sand, prime & paint the sign at the entrance to "Sue's Trail" at Rocky Ridge Park. Marty Strine will set up a work detail for this project.
- There will be a 5k race to coincide with the "Springettsbury Day in the Park" on Saturday, October 1, 2005. The Race Directors are Marty Strine and Bob Weikert.

Next YRRC Executive Meeting: June 6, 2005 at 7:00 p.m. at Jack Goodwin's home.

Next Adopt-A-Highway: Friday, July 22, 2005 at 5:30 p.m. - For details call Jack Goodwin: 600-2282 (H) or 718-2951 (W).

Dates and Times for 2005 Executive Committee Meetings:

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.

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 end at 6:00 pm.

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.

Where do you find inspiration?

By: *Nancy Ann Rossi-Fogle* ☺

I have been a member of the York Road Runners Club for the past 18 months. During this time several events or people have motivated and inspired me in one way or another. The great thing about being a long distance runner is the "No Rules" motto that we actually have regarding why we do it. It does not matter if you run to win or run for a sense of importance. Whether you long to set records for how many races you can run in the world, or just have a strong need to stay in shape, you will not be rejected or declined running rites. Placing in your age category does not typically determine if you will continue running or decide to hang it up for another sport.

Whether you are coming off an injury, a pregnancy or a period where you severely lacked time or motivation, you will still be accepted by runners universally. You may run for any number of physical, spiritual, emotional, personal or social reasons. Regardless of what brings you to the starting line each spring, summer, fall or winter is of no real significance, but the mere fact is that something does drive all of us to run the races set before us.

I have shared stories in the past about my resurrection of running and the many reasons why I love this sport. As the rebirth of spring is upon all of us, I just wanted to share some personal stories of inspiration that we all can benefit from and add to our reasons of why we run. In addition, I have tied in some good old fashioned pedagogy to boot.

As mentioned in a former newsletter, this past fall was the first time in the history of York County that a Middle School Cross Country Program existed. I had the wonderful opportunity of coaching the Central York Middle School boys and girls teams. Though I have assisted with coaching in the past, this was my first experience as a head coach, with no assistant nonetheless. Not that I don't have my own built in consulting team with the club, but to actually be the one directly in charge of a group of young runners was a new and a little bit scary experience for me. At the beginning of our season, we set a handful of team goals. One of the most important goals was instilling in these young people a life long desire to run. It is such wonderful experiences to have had a half dozen of my kids (either 7th or 8th graders) participate in the Winter Series. I loved scanning the starting line at races like the Turkey Trot and the Josh Mottin 5K to see several students whom I have coached participate in these community races. I was tickled beyond belief to see one of my athletes finish 3rd female overall in the Josh Mottin race. As stated by many members of the club (Hal & Dave & Bob to name a few), there is so much reward in passing on the baton of running tidbits, knowledge and encouragement to the younger or newer runners of the community. This past week my Counseling Intern Mary Beth set a goal of running her first half marathon in October. She asked if I would help her train. I could not be more honored and yet more motivated to assist her with her goal. This is motivation for me.

Aside from coaching Cross Country, I am presently in my fifth year as an assistant track coach at Central York Middle School. I savor so many moments in which I overhear a student say something that I honestly don't know whether I taught him or her, or if it's something he or she just figured out for him or herself (I can honestly say it's often the latter). I was awestruck at our first meet of the season hearing so many students say, "This is really fun." Regardless, I am reminded that despite how you may view young people today, they are still the future of our world and trust me when I say that adults were equally as concerned with what would become of the world when you and I were growing up. ☺ My point is if we truly want the world to be a better place, we must insure that we are modeling what we want to see in others.

Beyond instilling the bug to run life long, there are so many amazing components to coaching. Coaching is teaching (and teaching is coaching) and the thing about teaching is that if you are a teacher and you are learning little or nothing from your students, **in my strong opinion**, you are

not doing your job. The same goes for Counseling. I am discouraged by the number of educators whose behaviors scream out that they have nothing left to learn.

In the past nine years, I have learned more about the education field than I have room to mention in this article. I love that the most experienced runner still accepts that there is so much to learn. This to me is inspiring. I love the cyclical pattern of learning and teaching that is shared by runners. It is amazing what knowledge one can gain and impart about life from a good 10 mile run. I never tire of the personal stories of Doug, the Karen's or even Hal Darr (but please don't tell him ☺). If you want to put some extra inspiration into your own workouts, try coaching. I have been watching Sue Weitzel and some other veterans from the club conduct the Beginner's Running Club and I can see it in their faces. When we coach or teach others, we remind ourselves of all the possibilities that running and life offers. I am so thrilled that so many helpers stepped it up to assist with this great endeavor. I hope your facilitation and inspiration of this group is adding to your many reasons of why you love this activity. I was so pleased that my friends Bethel and Bonnie whom I share running stories with on occasion, have taken the plunge to participate in this training. I am hopeful that the experience sparks something within them and enhances areas of their lives. To all of you who are assisting with this experience, you are truly building dreams.

This past weekend has been a weekend of inspiration for me. One of the most poignant and moving moments was at The Ladies White Rose 5K. During the announcement of the awards for the 60 and older age category, they recognized the second recipient as an 80 year old woman who ran the race in like 33 minutes. The fact that she was 80 and just ran the 5K was only half of the story. This 5K was the first race she had run in her life. What profound courage it must have taken to run your first race in the 8th decade of your life. While we all paid our respects and gave this woman a standing ovation, I silently cried in a corner in absolute admiration of this woman's strength and fortitude. I was also reminded that accomplishments in running come in many forms. If you are need of any inspiration at this point in your running career, I recommend you get together with this first time racer and octogenarian.

Another meaningful moment for me was talking with the pregnant woman (who's name I should know) after the Ladies White Rose race. She talked happily about how good she felt throughout the race and how pregnancy is no reason not to enter races as long as you are hydrating yourself. It was obvious how happy she was and how running was still very important to her. This served as another reminder to me that sometimes we meet our running goals by reframing our goals... not giving up on them.

It's moments like these and so many others with club friends that keep me thirsting for more of this sport/addiction and fuel my passion to run and to challenge myself beyond what I seriously ever hoped. I admire, respect, and love people like Jackie Sandblade who never leaves her smile or energy at home, along with Laura, who have both battled the demons of cancer and are winning. Just the sight of them in our presence gives me the hope that I need to get through a run I may have been struggling to finish. Our strength is in overcoming our obstacles. This is inspiration to me. How someone can have had so many surgeries and injuries and still run as fast as Dianna, I'll never know. I do know that as jealous as I am of her, I am also proud of her and feel blessed to be her cousin.

So now I ask you... where do you find your motivation? I would love to compile an article (heck, a book for that matter) on the things, people and events that have motivated and inspired all of you over the years. If you feel motivated to share yet maybe not the courage to write your own article, I encourage you to email me your stories at nrossi@cysd.k12.pa.us You never know what passion you can stir in someone else for the stories you have lived and the races you have run in life. Thank you for the opportunity in allowing me to share mine.



YRRC – SPRING BEGINNER RUNNER CLINICS

A six-week program for new, recreational walkers, joggers and runners. Weekly sessions are slated for every Wednesday, 6 p.m., and will last approximately 50 to 60 minutes. Each session will include a brief instructional clinic (approx 15 - 20 min. max.), handouts, Q & A, and, of course, some exercise! We meet behind the Colonial Coffee Shop on S. George St., near York Hospital. Participants will be encouraged to join the YRRC. Fliers will be distributed to area gyms, fitness clubs, diet centers, anywhere possible, plus info on YRRC website, info sent to Mike for his YDR column, networking w/club members, etc. etc. Will ask for pre-registration via phone or e-mail so we know about how many to expect. Each participant will be asked to sign a waiver before the session begins. Waiver will also serve as registration/contact info/current fitness benchmark & goal survey...all in one to simplify.

YRRC volunteers committed to date: Dave Weitzel; Laura Radawiec

Week 1: April 13 GOALS

Clinic: What is each person's ultimate goal? ...weight loss, stress fighter, toning, fitness, etc.?? We need to know what people want to get out of this program. What are their expectations?

Easy warm-up; light stretching clinic – Pam Paule and/or Donna Newcomer.

Benchmark current fitness level. Timed one mile walk/run/jog on track. It is not a race; go at your own pace. Do in groups; not all at one time.

Cool down; proper stretching. The week's assignment will be to log three (3) 30 minute workouts (walk; jog; run)

Week 2: April 20 SAFETY FIRST

Clinic: Emphasis on safety....running alone or with a group; managing traffic; headphones; mad dogs; reflective clothing; carrying ID; pepper spray; etc. Al Clarkson "Buck" runner/triathlete and York City police officer.

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Warm-Up/stretching. Review of week's assignment of 3-30 min. workouts.

Run/Walk/Jog workout....based on time, not distance.

Cool down; proper stretching.

Week 3: April 27 ACHES AND PAINS

Clinic: Running healthy. More on stretching/flexibility. Managing side stitches; how to breathe; minimize after the run stiffness; leg cramps; blisters; Avoiding common running injuries (runner's knee, etc.) Presented by Dr. Tina.

Warm up/Stretching

Run/Walk/Jog workout

Cool down/stretch

Week 4: May 4

Clinic: Running Etiquette...I will need some help from the YRRC on this one.

Warm up/Stretching

Run/Walk/Jog workout

Cool down/stretch

Week 5: May 11 WHAT TO WEAR?....

Clinic: Good running shoes. Make the investment if you're going to stick with it. Proper clothes. Presented by Greg Baum or representative from Flying Feet.

Warm up/Stretching

Run/Walk/Jog workout

Cool down/stretch

Week 6: May 18 WHAT ABOUT EATING???

Clinic: What do I eat? Nutrition 101; energy bars and gels; fluids*fluids*fluids; good carbs/bad carbs; can I have my cake and eat it too? Calories in vs. calories out. Presented by Rhone Lebin, Clinical Dietitian, Wellspan. Contact: Laura, 851-2424

RACE CALENDAR – MAY 14, 2005 to APRIL, 2006

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)

MAY 14 to

- 14 **JK 5K to Benefit the Jubilee Soup Kitchen**, 9am, South Park, PA, 412 221-1145 or WTS300@aol.com
- 14 **Help 5K**, 9:30am, Tamaqua, PA, 570 668-6577
- 14 **High 5: 5 Miler, 1 ½ Miler, & 3 Mile Fun Run**, 10am, Warren, PA, 814 723-4511
- 14 **Preakness 5K**, 9am, Pimlico Race Course, Baltimore, MD, 410 837-3030
- 14 **Kennett Square 10K, 5K, 5K Racewalk, & 10K/5K PowerRuns**, 9am, Kennett Square, PA, 610 388-1556 or www.kennetttrun.org
- 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@state.pa.us
- 14 **8th Pathways Schools 5K**, Silver Spring, MD, 301 649-0778 or jspain@pathwayschools.org
- 14 **Johnstown Christian School 5K**, 9am, Johnstown, PA, 814 629-9846
- 14 **WB & RP 5K**, 9am, New Kensington, PA, 724 335-6000
- 14 **Lewes Physical Therapy 5K**, 9am, Lewes, DE, 302 644-8952 or seashorestriders.com
- 14 **25th Mental Health 5K**, 10am, Torrence State Hospital, near Blairsville, PA, 724 459-4424
- 14 **Run with the Lions 5K**, 9am, Harrisburg, PA, 717 920-0836
- 15 **Norristown 10K**, 9am, Morristown, PA, 610 527-9500 or info@montcocc.org
- 15 **Strides for Children 5K**, 1:30pm, YMCA, Hanover, PA, Dana at 7177 334-1518 x247 or dshuman@adamscha.org
- 15 **"Run Like a Feral Cat" Benefit 5K**, 9am, Greenbelt, MD, 310 794-8603 or www.pgferals.org
- 15 **Family Services 10K**, 8am, Altoona, PA, 814 944-3583
- 15 **26th Philadelphia Bar Association 5K**, 8:30am, Philadelphia, PA, 215 567-2010 x130 or charityrun2005@crbcp.com
- 15 **2nd Coventry HealthCare Delaware Marathon**, 7am, Wilmington, DE, 302 654-6400 or wayane@races2run.com
- 15 **Pooch & Partner 2 Miler**, 1pm, Lititz, PA, 717 203-3716
- 18 **The Inaugural Trooper Ron 5K**, Wilmington, DE, 302 654-6400 or info@races2run.com
- 21 **Havcock 10K**, 9:30am, Quakertown, PA, 215 538-1668 or gvashcalus@netcarrier.com
- 21 **5K "Dash at the Den"**, McAlisterville, PA, www.fayettelionsden.org/index.php?page=88
- 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/gics5k2005.htm
- 21 **Old Pike Hike 5K**, 9am, Addison, PA, 814 395-5584
- 21 **Lawyers Have Heart 5K**, 9am, Pittsburgh, PA, 412 824-3122 x6114 or keith.gmiter@heart.org
- 21 **2nd Heiter 5K**, 9am, Lewisburg, PA, 570 524-5000 or dhcc@jdweb.com
- 21 **1st Havre de Grace High School Music Boosters Club 5K**, 8:30am, Havre de Grace, MD, 410 939-0312 or jquinby0312@comcast.net
- 21 **So. Branch YMCA 5K Rabbit Run**, 10am, Shrewsbury, PA, 717 235-0446 or rshinnick@comcast.net
- 21 **The Chocolate Miracle 5K**, 8:30am, Hershey, PA,
- 21 **Armed Forces Day 5K**, 8am, Harrisburg, PA, 717 232-9622
- 21 **Eagleview 5 Miler**, 9am, Exton, PA, 610 458-1900 or Becky.reeves@hankingroup.com
- 22 **9th Sick Trail Run 4.5 Miler**, 1pm, Millville, PA, 570 458-6508
- 22 **Millersville Mile**, 6:30pm, Millersville, PA, Judy Anttonen at 717 872-8810 or www.millersvillemile.homestead.com
- 22 **Viet Vet's 10K/5K**, 9am, Philadelphia, PA, 856 461-6637 or www.pwws646.org
- 22 **9th Sick Trail Run 4 ½ Miler**, 1pm, Millersville, PA, Scott and Ann Sick, 570 458-6508
- 22 **11th Dash for Diabetes 5K**, West Chester, PA, 610 436-8249 or www.cchossp.com

- 22 Poplar Spring Animal Sanctuary 5K, 8:30am, Wheaton, MD, PoplarSpringRun@yahoo.com
 24 5th Penn State Kinesiology Club 5K Challenge, 10am, State College, PA, szt245@psu.edu
 25 Chester County Senior Games (50+), 6:30pm, Downingtown, PA, 610 399-0709 (h)
 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 Teal Ribbon 5K to Overcome Ovarian Cancer, 9am, Philadelphia., PA, 610 459-2247 (h) or
kvarlev@concordefc.com
 28 The Dam Race 10K, 9am, Sidman, PA, 814 487-5423
 29 Dahoga Dash 5K, 9am, Wilcox, PA, 814 965-5482 or lindfurnj@alltel.net
 30 Coatesville Classic Races: 16 mile bike & 4 mile run, 8:30am, Coatesville, PA,
 610 384-6984

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 Red Rose 5 Miler, 8:30am Lancaster, PA, 717 872-3769
 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 Pittsylvania Mile Run, 9am, Carnegie Mellon University, Pittsburg, PA
 4 14th RUN FOR SIGHT 5K, 9am, Naylor's Vineyard, Stewartstown, PA, Don Scarborough,
 717 993-6942
 4 6th Big House 7K, U.S. Penitentiary, Lewisburg, PA, 570 523-1251 x 305
 5 No Problem Run 10K, 6:30pm, Pittsburg, PA, 412 242-5746
 5 17th June Fete 5K, Penn State Abington Campus, Abington, PA, 215 481-2500
 11 York Habitat for Humanity 5K, 8am, Dover, PA, 717 854-6168
 11 Pleasantville Covered Birdge Festival 6K, 8am, Oléy, PA, Ron Horn, 610 779-2668 or
rhornpcs@aol.com or www.pagodapacers.com
 11 5th Gene Gladfelter Memorial Mile, 8:30am, Shiloh, PA, 717 849-4040 or
gladfeltermile@yahoo.com
 11 Rick's Run 5K, 9am, Lewistown, PA, 717 248-2495 or www.jvstriders.com
 11 15th Lawyers Have Heart 10K, Washington, DC, 703 922-5520 or
www.runlhh.org/ or bergerd@jaffeassociates.com
 12 Strip Mine Race, Mt. Carmel, PA, 570 672-3028
 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
 18 I.O. Silver Capital 5000, 9am, Harrisburg, PA, 717 761-5178
 21 Longest Day 10K/5k, 7pm, Warren, PA, 814 726-0110 or chris@warrenymca.org
 25 Run/Walk for Peace 10K/5K/5K Walk, 8:15am, Elizabethtown, PA, 717 367-7021 or
www.puffenwv@etown.edu
 25 Valley Great 8 Miler, 8:30am, Conyngham, PA, 570 459-1110 or mikepal@epix.net
 25 Independence Festival Half-Marathon / 5K, 9am, Ridgeway, PA, 814 772-0096 or
johnurnjr@yahoo.com
 26 Baltimore Women's 5K Classic (WDF event), 8am, Baltimore, MD, 443 928-8007 or
www.baltimorewomensclassic.com
 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
 4 Cure Autism Now 5K, 8am, Potomac, MD, 301 419-8198 or Canrun.org
 6 Groundhog 5K, 7pm, Puiuxsutawney, PA, 814 938-1008 or
www.punxstawnephill.com/commcenter
 9 15th Gettysburg 5K, 8am, Gettysburg, PA, 717 334-9171 or www.ywcagettysburg.org
 9 World Gym Firecracker 5 Miler, 9:15am, Shillington, PA, 610 775-9776 or

www.makebreak.com

- 16 **EBACC Summerfest 5K**, 8am, East Berlin, PA, 717 259-8848 (am) or 259-0434
- 16 "Shelter Shuffle" 5K, 8am, Harrisburg Hospital, Hbg., PA, 717 657-4804 x286
- 16 **Twilight Series #2, 7pm, Run with the Knights 5K**, Central H. S., Eldersburg, MD, 410 549-1123 or vintagepony66@aol.com
- 17 **Nittany Valley Arts Festival 10K/5K**, 8:30am, Penn State, University Park Campus, near State College, PA, 814 238-1955 or ArtsFest10K@yahoo.com
- 17 **Lehigh River Relay Run (23 miles)**, 6:45am, 610 865-4400 x259 or www.redcrossLV.org
- 18 **Old New Castle 5 Miler**, (RRCA DE State Championship), New Castle, DE, 302 322-6040 or www.oldnewcastlerun.com
- 20 **Smith Barney Harrisburg Mile**, 6pm, Harrisburg, PA, 717 232-9622 or www.harrisburgmile.com
- 24 **27th BONTON 5 MILER**, 7:30am (fun run, 7:35) – NEW TIMES, York Galleria, Jan Workinger, 717 755-1856 or vworkinger@suscom.net
- 24 **Gold Medal Camp Alumni Race -9K XC**, 3pm, California University of PA, California, PA,
- 24 **Winning Kick 5K**, 9am, Reading, PA, Ron Horn, 610 779-2668 or www.pretzelcitysports.com

AUGUST, 2005

- 6 **5th Three-Person Team Survival Adventure Run**, Lewisburg, PA, 570 523-1251 x 0318 or dfogelman@bop.gov
- 7 **Grings Mill 5K / 10K Runs**, 9am, Reading, PA, 1-888-racetime or 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
- 18 **Old New Castle 5 Miler (RRCA Delaware State Championship)**, New Castle, DE, 302 322-6040 or www.oldnewcastlerun.com
- 20 **Murrysville Beat the Heata 5K**, 8am, Murrysville, PA, 412 298-7477 or dorrieandjeff@adelphia.net
- 21 **2nd Saint Mauro's Festival 5K**, 3pm, Hazelton, PA, 570-455-4821 or dlmo@ptd.net
- 27 **7TH YORK 10 MILER**, 9am, York, PA, Chris Young, 717 495-4019 or cyoung1991@hotmail.com

SEPTEMBER, 2005

- 3 **UPMC Health Plan Genesis River Run for Adoption: 10K/5K**, 9am, Pittsburgh, PA, 412 766-2693 or www.genesispggh.org
- 10 **Manheim Township 5K**, 8:15am, Manheim, PA, 717 391-9722 or www.redroseraces.com
- 17 **So. Branch Sprint Triathlon**, 8am, Shrewsbury, PA, 717 235-0446 or rsinnick@comcast.net
- 17 **Pretzel Twist 5 Miler**, 8:30am, Lititz, PA, 717 626-5096
- 17 **Kensington 8K**, 8:30am, Kensington, MD, 301 929-6083 or www.signmeupsports.com
- 18 **Wildlands Challenge Adventure Race (teams)**, 8:45am, Blue Marsh Lake, Bernville, PA, 610 775-9776 or www.makebreak.com
- 18 **9th Hershey's Harrisburg Half Marathon**, 8am, Harrisburg, PA, 717 232-9622
- 18 **Philly Distance Half Marathon**, Philadelphia, PA, www.runphilly.com
- 24 **Cassville Octoberthon 5K**, 9am, Cassville, PA, 814 448-3230
- 24 **Kiwanis 5K**, 9am, Doylestown, PA, 267 934-0321 or pmweisser@comcast.net

OCTOBER, 2005

- 1 **Hands-on House Half Marathon**, 9am, Lancaster, PA, 717 391-9722 or www.redroseraces.com
- 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
- 2 **Army 10 Miler**, The Pentagon, Washington, DC, armytenmiler.com
- 2 **"Dam Half" Half Marathon**, 10am, Mifflinburg, PA, 570 837-1222 or wkwarren@pld.net
- 8 **THE PANTER MIDDLE SCHOOL XC INVITATIONAL**, 10am – Girls, 11am – Boys, the New Central York H. S., contact York Road Runners Club, PO Box 2841, York, PA, 17405
- 8 **Dr. Segro Memorial 5K**, 9am, Red Lion, PA, 717 246-1611 or 246-0971

- 9 French Creek Fling Adventure Race (teams), 9am, Birdsboro, PA, 610 775-9776 or www.makebreak.com
- 9 Delaware Distance Classic 15K, 8:30am, Wilmington, DE, 302 798-4179 or www.PCVRC@comcast.net or DDC15k@comcast.net
- 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 Kappes117@suscom.net
- 12 **29th YORK WHITE ROSE 5 MILER**, 9am, York, PA, Clay Shaw, 717 764-1181 or sports35_photography@yahoo.com
- 24 Turkey Trot 5K, 9am, YMCA of York, PA, Amy at 717 843-7884 x269 or www.yorkcoymca.org
- 27 Dirty Bird Trail 9.3 Miler, 10am, Birdsboro, PA, Reading, PA, Ron Horn, 610 779-2668 or www.pretzelcitysports.com

DECEMBER, 2005

- 4 Las Vegas Marathon, 6am, www.lvmarathon.com

JANUARY, 2006

- 6-8 Walt Disney World Marathon / Half-Marathon, Lake Buena Vista, FL, contact disneyworldmarathon.com or 407 896-1160

APRIL, 2006

- 22 **18TH LADY WHITE ROSE 5K**, 9am, YWCA of York, PA, Krista Darr, 717 428-3336 or kdarr@suscom.net

A note/confession from the Editor:

The Winter Series was where I first learned that York had a running club. I ran many of the races with my sister, Donna Newcomer. It was a wonderful way to spend a winter's day with friends and family. This year was one of the best ones for me. This year, I knew more of the participants than I had in past years. I came away from each race feeling exuberant and grateful that there was an organization that had so many dedicated members to make the races happen.

-and now the confession-

I wanted to be able to list all of the volunteers who made the 2004-2005 Winter Series successful, but....I was not able to pull all of the names together by the deadline for this edition. Paul Makurath sent his list of volunteers, (complete and prompt) to me. But without a complete list, of all of the volunteers, for all of the races, I decided that I would just confess that I didn't accomplish what I should have.....so

THANK YOU Bob and Jan, Race Directors and other Volunteers, (you know who you are)!

Without you, many of us would have be forced to spend more dreary winter days, running alone, thirsty, fighting traffic and clueless about the distance we ran that day, or what our pace was.

Pamela Paule



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+

Millersville Mile

Race Date: Sunday May 22, 2005 Location: Millersville, Pa.

Course: Begin at intersection of Rt. #999 and N. George St.

Parking: Park at FINISH in MU dormitory area First race: 6:30 p.m.

Benefits: Millersville Boro Fire Company

Race Schedule: 3 races Begin at 6:30 p.m. and at approximately 10 min. intervals

Awards: Trophies to overall male and female winners
Trophies to male and female masters (40+) winners and age group winners
Trophy to a team, family or group with most members participating (mile race only)

Trophies: Men: 14 & under (5) 15-18(3) 19-29(3) 30-39 (3) 40-49 (4)
50 - 59 (2) 60 & over (1)
Women: 14 & under (5) 15-18 (2) 19-29 (2) 30-39 (2) 40-49 (2)
50-59 (2) 60 & over (1)

Entry Fee: UNTIL May 17, 2005 \$13.00 with t-shirt \$10.00 no t-shirt
AFTER May 17, 2005 \$15.00 no t-shirt

Mail entry to: Judy Anttonen, 430 Spring Drive, Millersville, Pa. 17551-2021

Questions? Email: rjantmv@infionline.net Phone: (717) 872-8810

RETURN BY MAY 17, 2005 on the web: www.millersvillmile.homestead.com

NAME _____ Age _____

M or F (circle one) ADDRESS _____

CITY/STATE/ZIP _____ Shirt Size L XL

MAKE CHECK PAYABLE TO: MILLERSVILLE MILE Ami. Encl. _____

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. Having read this waiver and knowing these facts and in consideration of my entry acceptance, I waive and release the Borough of Millersville, all sponsors, their representatives and successors from all claims, liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____ Parent/guardian (if under 18) _____

QUARTER MILE FUN RUN APPLICATION FOR AGES 10 AND UNDER (see over)

Millersville Mile

QUARTER MILE FUN RUN Kids 10 & Under

Race Date: Sunday, May 22, 2005 Location: Millersville, PA.

Time: 6:00 P.M.

Course: Course begins just up from the Student Memorial Bldg. at Millersville University at the ¾ mile mark FINISHES at Mile Finish Line

Parking: Park at FINISH in MU Dormitory area

Awards: All finishers will receive a ribbon

Random awards: All finishers are eligible for random awards

Entry fee: \$3.00

Deadline: Register by 5:30 RACE DAY Registration is near FINISH LINE
Mail in registration is preferred Return by May 17, 2005

Detach and Mail Entry to: Judy Anttonen, 430 Spring Drive
Millersville, Pa. 17551-2021
(717) 872-8810 email rjanttmv@infionline.net

TEAR AND RETURN

NAME _____ Age ____ boy or girl (circle)

ADDRESS _____ CITY/STATE/ZIP _____

Make Check Payable to MILLERSVILLE MILE

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. Having read this waiver and knowing these facts and in consideration of my entry acceptance waive and release the Borough of Millersville, all sponsors, their representatives and successors from all claims, liabilities of any kind arising out of my participation in this event.

Parent/Guardian Signature

MILLERSVILLE MILE APPLICATION (see reverse side)

PRIZES

- Random drawings for runners

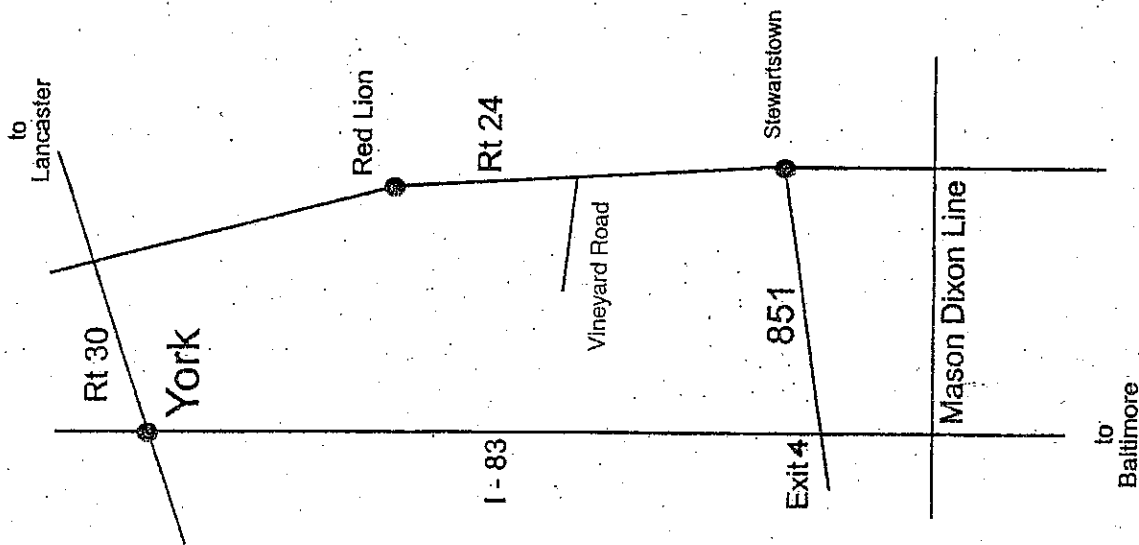
RACE ENTRIES

- Pre-entry (before 5/30/05) \$12.00 includes a specially designed T-shirt, \$8.00 without T-shirt
- Post entry (after 5/30/05) \$14.00 includes a specially designed T-shirt, \$10.00 without T-shirt
- Make checks payable to:
Stewartstown Lions Club
- Mail entry forms and check to:
Donald J. Scarborough
P.O. Box 369
Stewartstown, PA 17363
- Inquiries: 717-993-6846 (day)
717-993-6942 (after 6:30 pm)
ask for Don Scarborough

BENEFITS

- 5K Run
- Stewartstown Lions Club
Community Projects
- Boy Scouts
- Christmas Lights
- Gift Baskets for the Needy
- Sight Impaired
- Beacon Lodge / Camp For The Blind

HOW TO GET THERE

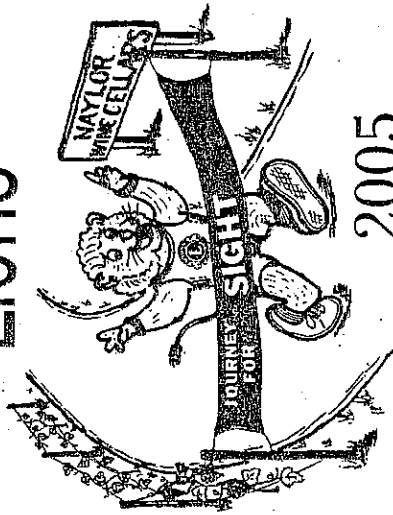


DIRECTIONS: turn left on Vineyard Road (2 miles North of Stewartstown off Route 24). Go 1/2 mile, on the right.

13th Annual

Stewartstown

Lions



5K Run

Saturday, June 4th, 2005



Lions Journey for Sight

WHAT

5K Run

LOCATION

Naylor Wine Cellars
4069 Vineyard Rd.
Stewartstown, PA 17363

COURSE

5K Run: Accurately measured over rolling and scenic country roads surrounding Naylor's Vineyards.

GENERAL INFORMATION

Race to be held on opening day of Naylor's Spring Wine Fest. Toilets available. Plenty of parking. Refreshments at end for runners. Water stations for runners. Naylor's Wine Fest opens after conclusion of race, approximately 12 noon. Food concessions, craft displays, music and tours of the winery are open for everyone's enjoyment. Come and run to help others and have an enjoyable day. Best race bags and random prizes in the area.



RACE

- 5K Run registration (7:45 - 8:45 A.M.)
- 5K Run starts promptly at 9:00 A.M.
- Finish clock and electronic timing for 5K run
- Split times and each mile marked for 5K Run
- Awards presented as soon as possible after the race
- Down Hill Start/Down Hill Finish

RACE AWARDS

1st Male Over All	
1st Female Over All	
MALE AND FEMALE AGE GROUPS	
() = number of awards	
Youth (3) (5)	10-13, 14-18
Open (3) (3)	19-24, 25-29
Submasters (3) (3)	30-34, 35-39
Masters (3) (3)	40-44, 45-49
Vintage Masters (3)	50-59
Golden Masters (2)	60-69
(1)	70 & over

APPLICATION

Event

5K Run Male Female

Shirt Yes No

Shirt Size (circle size) S M L XL

Last Name

First Name

Age on 6/1/2005

Mailing Address

City, State and Zip Code

E-Mail Address

Phone Number

In consideration of your permitting me to participate in this event, on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event: their heirs, executors, administrators and assigns, for any and all injuries / illnesses which I may suffer as a result of taking part in this event. I grant my permission to use my name on any audio or visual recording for any lawful purpose.

Signature

Date

Parents Signature (if under 18)

Make checks payable to: Stewartstown Lions Club
Mail to: Donald J. Scarborough, PO Box 369
Stewartstown, PA 17363

Deadline for pre-race registration: May 30, 2005



NORTHEASTERN SCHOOL DISTRICT
DOLLARS FOR SCHOLARS

9th Annual 5K Run/Walk (3.1 miles)

Sponsored by
The Lumber Yard, McDonald's, and Community Banks

with additional support from Flying Feet Sport Shoes, Coca-Cola, & York Roadrunners.

5K Run/Walk – 9:00 a.m.

June 4, 2005

Run/Walk

- Race Day Registration begins at 7:30 a.m. on Saturday, June 4, 2005.
- Race Start and Finish are at Northeastern Senior High School, 300 High Street, Manchester, PA.
- Course for race is wheel-measured, well-marked, flat and fast – split times at each mile.
- There will be course marshals and police assistance for traffic control in Manchester Borough.
- Baby joggers are allowed.
- Race Director is Wendy Griffith at 266-3250 or nesd5Krun@aol.com.

Pre-Registration

- Pre-registrations postmarked on or before May 20, 2005 are \$15.00 and include a t-shirt.
- Registrations postmarked after May 20, 2005 are \$15.00 (t-shirts will be offered while supplies last.)
- Mail registration form and money to: Wendy Griffith, 55 Cemetery Road, Manchester, PA, 17345.
- **Make checks payable to Northeastern School District Scholarship Foundation.**
- Pre-registered runners may pick up their 5K Race packets at: Northeastern Administration Center, 41 Harding Street, Manchester, on Friday, June 3, 2005, 8:00 a.m. – 4:00 p.m. or at the race on June 4.

Awards & Prizes

Men's and Women's Divisions

14 & under; 15 - 18; 19 - 24; 25 - 29; 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 - 59; 60 - over; wheelchair

- Prize will be awarded to the youngest finisher.
- Awards will be determined by the number of participants in each age group. Medals will be awarded to 1st, 2nd, and 3rd place male and female finishers in each division.
- Prizes will be awarded to the top three overall male and female runners: 1st - \$100; 2nd - \$75; 3rd - \$50
- Mayor's Cup awarded to team or individual demonstrating exceptional spirit and enthusiasm.

Registration Form

.....

Name _____		Home Phone _____	
Street _____	City _____	State _____	Zip _____
Date of Birth _____	Age as of June 5, 2004 _____		Sex _____

Adult Shirt Size (circle one): M L XL

Registration Fee Enclosed: _____

I hereby certify that I am physically fit for this event. Furthermore, in consideration of this entry being accepted, I hereby, for myself, my heirs, executors and administrators, waive and release any claims I may have against the Northeastern School District Scholarship Foundation 5K Run, its officers, its sponsors or Manchester Borough. The Race Director reserves the right to reject an entry.

Signature _____

Date _____

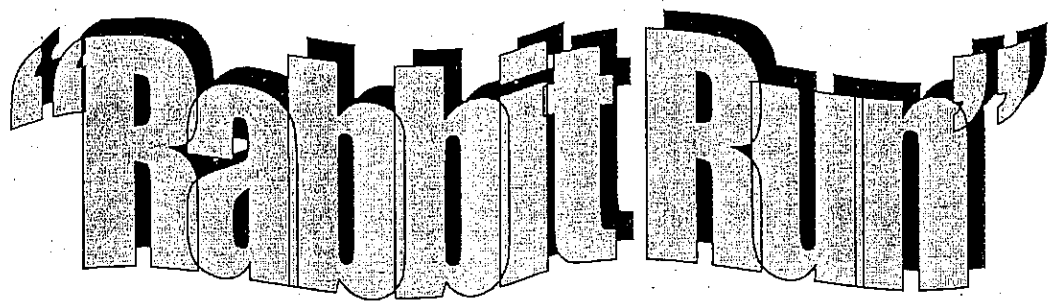
Parent's or Guardian's Signature if under 18 years of age _____

Date _____

Donations to the Scholarship Foundation for Northeastern's Dollars for Scholars are welcomed and can be mailed to the above address. I wish to contribute \$ _____ to Northeastern School District Scholarship Foundation.

6th Annual Southern Branch YMCA

5K



May 21, 2005

Race Starts at 10:00 a.m.

100 Constitution Ave. Shrewsbury, PA 17361

717-235-0446

-----cut-----cut-----
2005 Southern Branch YMCA 5K "Rabbit Run" (Submit to the Southern Branch YMCA, Attn: Rich Shinnick,
P.O. Box 263, 100 Constitution Ave., Shrewsbury, PA 17361

Name _____ Age _____ Birthday _____ Sex _____
Last First

Address _____ Phone _____

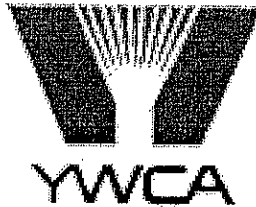
City _____ State _____ Zip Code _____

Emergency Contact's Name _____ Emergency Phone # _____

Make check payable to Southern Branch YMCA
Fee Enclosed: \$ _____ Individual \$10

All entrants will receive a souvenir for participating.

Awards: Top Overall M/F
Top 2 M/F in age groups (age groups to be determined by entries received).



First Annual Y-Tri

LADIES' SPRINT TRIATHLON

SUNDAY, JUNE 26, 2005 @ 8:00A.M.

Dallastown High School
700 New School Lane
Dallastown, Pa 17313



300 YARD POOL SWIM /15 MILE BIKE RIDE /5K RUN

THE
WOLF
ORGANIZATION, INC.

Join in the fun and get fit at the same time! Enjoy the camaraderie and competition of this WOMEN ONLY Triathlon! Whether you participate as an individual or as a member of a team you are bound to have a great time!

THE
WOLF
ORGANIZATION, INC.

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York Daily Record
YORK SUNDAY NEWS
THE YORK DISPATCH

LMS Commercial Real Estate
LEASING - MANAGEMENT - SALES

Packet Pickup:
Sunday 6/26/05 6:30AM - 7:30AM
Early Packet Pickup at York YWCA:
Saturday 6/25/05 10:00AM - Noon

***All Athletes will be required to sign a waiver at packet pickup. Athletes under 18 years of age will need a Guardian's signature.

Mandatory Athlete Meeting -
7:45 AM Race Morning

Awards Categories:

Individual Triathlon:
Overall Female, Top Master (age 40+)
Top 3 in Age Groups:
14-19, 20-24, 25-29, 30-34, 35-39
40-44, 45-49, 50-54, 55-59, 60-64, 65 +

Relay Team Triathlon:
Top 3 Relay Teams

Finisher's Medals for All!!!

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York Daily Record
YORK SUNDAY NEWS
THE YORK DISPATCH

LMS Commercial Real Estate
LEASING - MANAGEMENT - SALES

For more information, please visit our website www.ywcaofyork.org

Email us at Tneff@ywcaofyork.org

Or call the YWCA at 717-845-2631

Register on-line at www.active.com or tear off and mail in the application below. Each Team Member must fill out a form.

2005 Y-Tri Ladies Sprint Triathlon

Make checks payable to: YWCA of York
Mail to: 320 E. Market St.
York, PA 17403



THE
WOLF
ORGANIZATION, INC.

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York Daily Record
YORK SUNDAY NEWS
THE YORK DISPATCH

LMS Commercial Real Estate
LEASING - MANAGEMENT - SALES

Entry fees

Early Bird Registration
(by 5/26/2005)
\$35 per Individual
\$65 per Team

On Time Registration
(until 6/25/2005)
\$40 per Individual
\$70 per Team

Race Day Registration
(6/26/05)
\$50 per Individual
\$80 per Team

[] []										[] []										[]	
LAST NAME										FIRST NAME										M.I.	
NUMBER AND STREET																					
TOWN/CITY										STATE		ZIP/POSTCODE				SEX	AGE				
<input type="checkbox"/>	[] [] [] []			Team Name				<input type="checkbox"/>	RACE USE ONLY												
T-Shirt S-M-L-X	Estimated Swim Time			Team Name				S-Swim, B-Bike, R- Run				RACE USE ONLY									
EMAIL:										PHONE:											



2005 SUMMERFEST 5K
Ninth Annual EBACC Summerfest 5K
8:00 a.m., Saturday, July 16, 2005

3.1 mile race, run, or walk to help support the Fitness Center at the East Berlin Community Center.

Course: Starts and finishes at the EBACC, 405 North Avenue, East Berlin, PA.
 A flat course through the Boro of East Berlin. **Map on back.**

Time: 5K begins at 8:00. Children's Fun Run begins at 8:45.

Registration: 5:00-6:00 p.m., Friday, July 15.
 6:30-7:45 on morning of the race.

5K: Pre-entry: Postmarked by June 30 \$13 with T-shirt
 \$8 without T-shirt
 Post-entry: Postmarked after June 30 \$15 with T-shirt (if available)
 \$10 without T-shirt

For the finest in athletic shoes and apparel...
Flying Feet
 Greg Baum's Sports Shoes
 1551 Mount Rose Avenue
 York, Pennsylvania 17403

Children's Fun Run: \$8 pre-registration with T-shirt (guaranteed to all registrants by June 30)
Ages 2-12 \$3 race day registration (no T-shirt)

**Race packets can be picked up at the Community Center on Friday, July 15;
 5:00-6:00 p.m. or the morning of the race.**

5K age brackets and plaque awards:

MALE: 14 & under (1) 15-19 (2) 20-24 (3) 25-29 (3) 30-34 (3) 35-39 (3) 40-44 (3) 45-49(3)
 50-55 (2) 56-59 (1) 60 and over (1) Walker (1) Clydesdale—200 lb.+ (1)
CASH AWARDS: Overall 1st Place \$100 Overall 2nd Place \$75 Overall 3rd Place \$50

FEMALE: 14 & under (1) 15-19 (2) 20-24 (3) 25-29 (3) 30-34 (3) 35-39 (3)
 40-44 (2) 45-49 (2) 50-55 (2) 56-59 (1) 60 and over(1) Walker (1)
CASH AWARDS: Overall 1st Place \$100 Overall 2nd Place \$75 Overall 3rd Place \$50

All Children's Fun Run participants will receive an award. Complimentary drinks and snacks after events.
Random drawings for prizes after awards. No prize substitutions. Must be present to win.

Information: Community Center Phone 259-8848 (mornings), Ken Young 259-0434 (evenings)

PLEASE NO SKATEBOARDS, HEADSETS, ROLLERBLADES, OR DOGS.

PLEASE CIRCLE MALE SK RUN CHILDREN'S FUN RUN SK WALK
 FEMALE CLYDESDALE

NAME: _____ **AGE (as of 7/16)** _____ **PHONE:** _____

ADDRESS: _____ **CITY, STATE, ZIP:** _____

T-SHIRT SIZE (Circle One)

Adult Sizes: S M L XL XXL NONE
Children's Sizes: S (6-8) M (10-12) L (14-16)

I, the undersigned, hereby for myself, heirs, executors, and administrators assume all risks associated with participating in this event and do hereby release and discharge East Berlin Community Center, its board and members, race officials, sponsors, volunteers, and the Boro of East Berlin from any and all claims of liability for death, personal injury, damages or losses arising out of participation in this event. I agree to abide by all decisions of race officials. I certify that I am physically fit for this event.

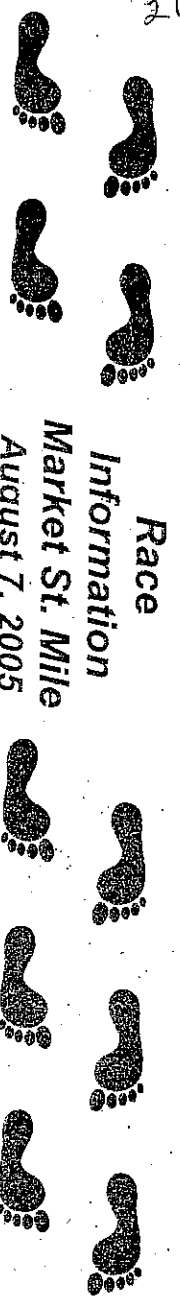
Signed _____ Date _____
 (Parent or guardian if under 18)

Checks payable to: East Berlin Area Community Center (EBACC)
 Mail to: EAST BERLIN AREA COMMUNITY CENTER SUMMERFEST 5K
 BOX 530 - 405 NORTH AVE.
 EAST BERLIN, PA 17316

Category

ELECTRONIC TIMING SERVICE PROVIDED BY YORK ROAD RUNNERS CLUB

Race Information
Market St. Mile
August 7, 2005
6:00 p.m.



START/FINISH
 One mile race is held on Market Street. Race starts at the intersection of Carlisle Avenue and Market Street. Finish line is at Cherry Lane and Market Street.

AWARDS

Prizes will be awarded to the top 3 Men and top 3 Women overall in each division. The Awards Ceremony will be held after the last heat at Cherry Lane.

HEAT TIMES/AGE GROUP/AWARDS

- ◆ Youth Division (classified grade level for the year 2004-2005)
 - ◆ Heat 1 at 6:00 [A] up to middle school and [B] middle school
 - ◆ Heat 2 at 6:10 [C] male high school and [D] male post high school
 - ◆ Heat 3 at 6:20 [C] female high school and [D] female post high school
 - ◆ Adult Division
 - ◆ Heat 4 at 6:30 [E,F,G] male ages 25-33; 34-42; 43-51
 - ◆ Heat 5 at 6:40 [E,F,G] female ages 25-22; 34-42; 43-51
 - ◆ Heat 6 at 6:50 [H,I,J] male and female ages 52-60; 61-68; 70 and up
- Wheel Chair division will be added if there are participants

REGISTRATION

Pre-Entry: Postmarked by July 25- \$10.00 with a T-shirt (\$8.00 without)
 *****Youth up to 5th grade - free without T-shirt and \$8.00 with a T-shirt*****
 Post-Entry: Postmarked after July 25 - \$15.00 with a T-shirt (\$10.00 without)
The entry fee is non-refundable. Shirts are guaranteed to first 200 entries.

Packet pick-up and race day entries from 4:30 pm to 5:45 pm at Cherry Lane. (#if paying at event correct change is appreciated!)

PARKING INFORMATION

Parking is available along Cherry Lane and at City parking garages on E. Market St. and W. Philadelphia St.

REFRESHMENTS

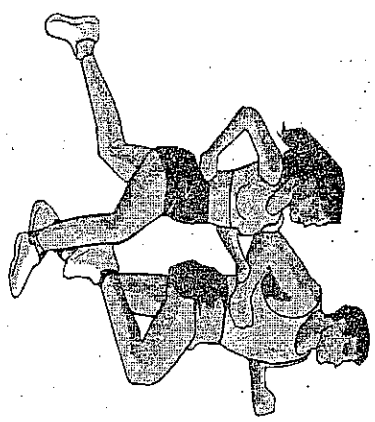
Complimentary refreshments will be provided after the race.

RACE DIRECTOR

Amy Rawhouser
 Fitness Director of the YMCA of York
 717-843-7884, ext. 269 or email Amy at: arawhouser@yorkcoymca.org
 Please call for additional information or visit our website at www.yorkcoymca.org.

DIVISIONS

- [A] up to grade 5
- [B] grades 6, 7, and 8
- [C] grades 9, 10, 11, and 12
- [D] post high sch. to age 24
- [E] ages 25 to 33
- [F] ages 34 to 42
- [G] ages 43 to 51
- [H] ages 52 to 60
- [I] ages 61 to 69
- [J] ages 70 and up



ENTRY FORM

Name: _____ Age: _____ Sex: _____ Birthdate: ____/____/____
 (Last) (First)

Address: _____ City: _____ St: _____ Zip: _____

Telephone: (____) _____ Email: _____ Grade: _____

I know that running the YMCA Market Street Mile 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 for 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, and any and all sponsors including, but not limited to the YMCA of York and York County and the City of York, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event.

Signature _____
 Co-Signature (Parent/Guardian must co-sign if applicant is under 18 years of age) _____

ORDER FORM

Entry Fee

by 7/25 w/T-shirt (\$10) _____
 by 7/25 w/o T-shirt (\$8) _____

*after 7/25 w/T-shirt (\$15) _____
 *after 7/25 w/o T-shirt (\$10) _____

Up to 5th grade w/o T-shirt: free
 Up to 5th grade w/T-shirt (\$8) _____

TOTAL \$ _____

Shirt Size: S ___ M ___ L ___ XL ___

Please make checks payable to:
YMCA of York and York County

or by credit card
 Card #: _____

Exp Date: ____/____/____

Mail to:
 YMCA of York and York County
 Attn: Amy Rawhouser
 90 N. Newberry Street
 York, PA 17401

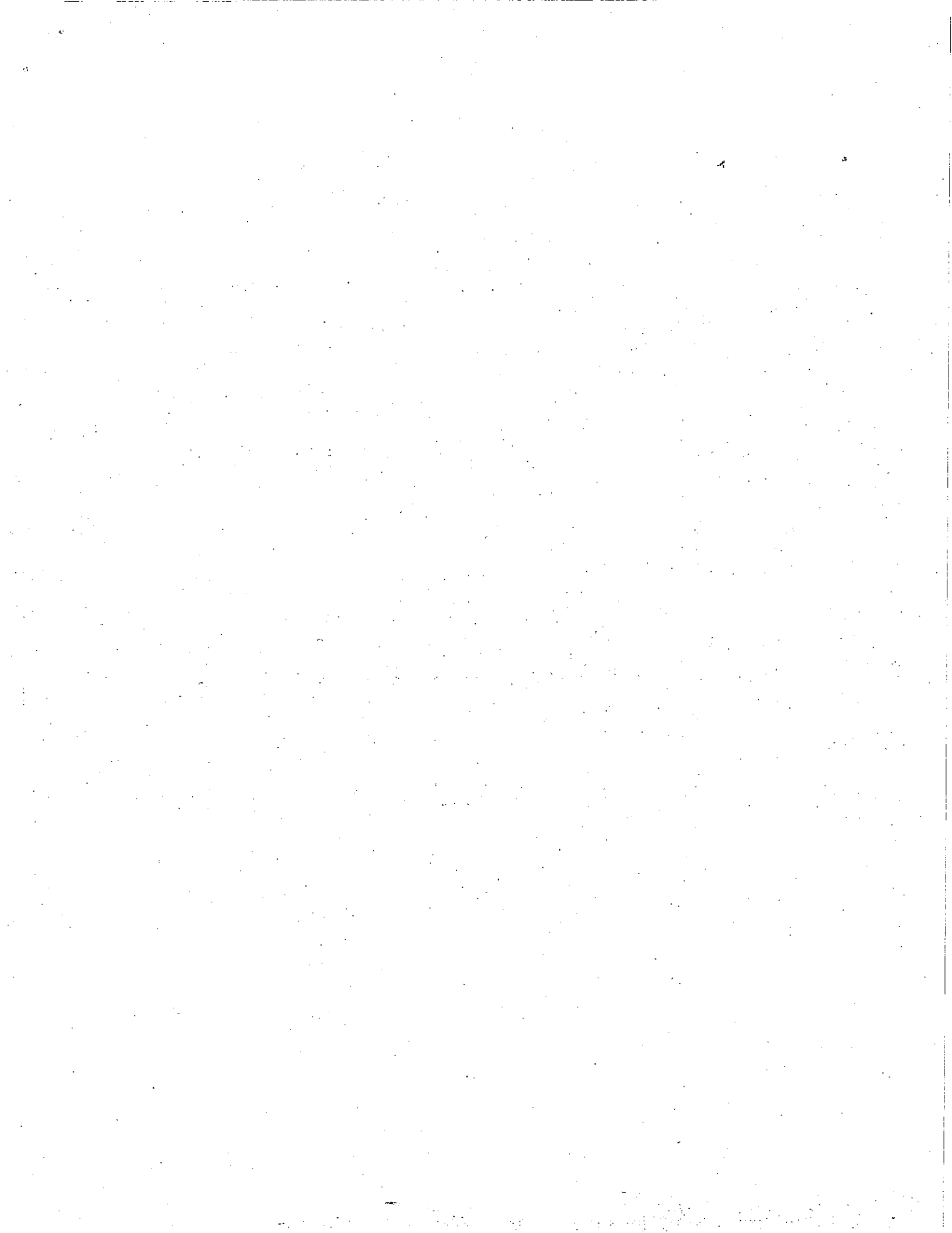
YMCA of York and York County

Market Street Mile
August 7, 2005



6:00 PM

Y YMCA of York and York County
90 North Newberry Street
York, PA 17401-1099
717-843-7884, ext. 269



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 718-2951 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@hullmangroup.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!

