



KEEPING TRACK

President	Bob Weikert	H:755-1286	rsbj24@suscom.net
VP-Membership	Bobbi Kehr	H:741-2117	rat@blazenet.net
VP-Merchandise	Jan Workinger	Jan.Workinger@hillmangroup.com	H:755-1856
VP-Newsletter	Denise Tushingam	ddtushingam@yahoo.com	H:637-7706
Treasurer	Doug Moyer	H:741-2520	moyer6@suscom.net
Secretary	Jack Goodwin	H: 600-2282	runjack3@aol.com
Membership Data Coord:	Mike Kehr	H:741-2117	rat@blazenet.net
Race Calendar Coord:	Tom Schaffstall	H:755-6806	Tscaffstall@aol.com
Web Master	Julie Bear	H: 755-0419	rescuemal@aol.com
Club Info Web Site: yorkroadrunners.com			

YRRC NEWSLETTER #182 December 2005-January 2006 PRESIDENT'S MESSAGE, by Robert Weikert

The fall, I believe, is the best time of the year for running, at least you cannot complain about the beautiful scenery. The scenery along the rail trail I find makes it so easy to complete those long training runs and keep your mind off any pain you might have. The only concern you will have is stepping on one of those "darn" walnuts, which at places are strewn across the trail like landmines just waiting to be the cause of twisted ankles. In the past month several other runners and I could be found starting our long runs at 6 AM from the Days Mil's parking lot. For those who like to sleep in on the weekends, it is still dark at 6 AM. The only way you can tell you're on the trail is to stay between the trees and focus on the trail ahead of you which has a surface that is just a shade or two lighter than its surroundings.

Another sign of the fall season is the race applications you start seeing for those "Classic" York Road Races. **The White Rose 5 Miler on 11/12, Turkey Trot 5K on 11/24 and Winter Series Races**, which start this year with the Dover 10 miler on 12/11. Applications for all three of these great running events can be found either in this newsletter or at Flying Feet Shoe Store. With the Winter Series, please pay particular attention to the times and dates for this year's races, since many of these have changed from last year's schedule.

The York Road Runners Club is still looking for a few good people to take over as Series Directors for the Winter Series Race Program. If you have any questions about the duties, please don't hesitate to call or email about this great opportunity. Jan Workinger and I have been the series directors for the past several years and will be stepping down after this year. We were hoping to have some interested people to work with us this year, in order to give them an idea of the duties prior to taking charge next year. The good news about this volunteer position is that you already have 8 seasoned race directors who do a great job with the actual races.

Please also take time to mail your ballot for the election of the Officers for the York Road Runners Club. If you would like to know who the current officers are for the Club and what they look like, check out the club's web page @ www.yorkroadrunners.com. The new web page has also been a great resource to the local running community. In the short time its been up, our web page has had over 22,915 visits.

Take care and be careful running these Fall and Winter days, always remember to wear reflective gear so that you can be seen by all traffic.

Bob Weikert
President

YRRC EXECUTIVE MEETING

The Committee met at the home of Jack Goodwin at 7 p.m. on October 3, 2005. Attending were officers Doug Moyer, Bob Weikert, Jack Goodwin, Bobbi Kehr, Michael Kehr, Jan Workinger, and Tom Schaffstall. Members at large were Rosa Schaffstall and Denise Tushingham.

Committee Reports:

Secretary: Minutes from the August, 2005 meeting were approved as corrected.

Treasurer: Balance as of 9/30/05, \$8,139.30
\$4,606.39 held for Parks & Recreation / \$457.08 held for the Bon-Ton 5 Miler / \$260.00 held for Panther Invitational / \$1,754.53 Savings / \$1,061.30 Checking.

VP Membership: Current membership is 327 as of 9/13/05. Please remember to forward any change of address to the membership committee rat@blazenet.net

Merchandise: Items are selling well. Jan showed a sample of the new YRRC shirt logo design, which was well received.

Newsletter & Web Site: Please e-mail items for the newsletter to Denise Tushingham, ddtushingham@yahoo.com

Email items for publication on the club website to Julie Bear rescuemal@aol.com

Items of interest and articles are always welcome. Newsletter submission deadlines are as follows:

<u>Newsletter</u>	<u>Deadlines:</u>
December/January	October 31, 2005
February/March	December 31, 2005
April/May	February 28, 2006
June/July	April 30, 2006
August/September	June 30, 2006
October/November	August 31, 2006

Old Business:

- The Panther Invitational is set for October 8, 2005. Bob Weikert reported five paid entries, so the Invitational will be held as planned. The committee decided that the YRRC would provide and sell a few snack items at the event. Contact Bob Weikert to volunteer.
- Insurance for club officers and volunteers was tabled until the next meeting.
- Photos of the YRRC Officers are now on the website.
- We received a Thank You note from the Olivia House for the Bon-Ton Race donation.
- Winter Series applications are available. There will be no official Winter Series shirt this year.
- Winter Series coasters are on order and the bib numbers are printed.

- Jack Goodwin is checking on costs for new finish line standards. Ideally, the cost of these standards will be donated.
- We are trying to get more media coverage in order to generate more interest in the club.

New Business:

- Pam Paule has resigned from the Newsletter Editor position. The club and officers would like to thank Pam for all the time and effort she dedicated to the club. Denise Tushingam has volunteered to fill the position. The officers voted in favor of allowing Denise to be Interim Newsletter Editor, effective immediately, until the official club officer election is held in January 2006.
- Officers discussed what defines and qualifies a race as being YRRC supported. Additional discussions are required.
- Jan is checking on insurance to cover all Winter Series races on one policy to reduce costs. Currently, we purchase separate policies for each event.

There being no further business, the meeting was adjourned at 8:20 p.m.

Next YRRC Executive Meeting: December 5, 2005 at 7:00 p.m. at Jack Goodwin's home.

Next Adopt-A-Highway: Saturday, January 14, 2006 from 8:00 a.m. to 10:00 a.m.
Call Jack Goodwin for details: 600-2282 (H) or 718-2951 (W).

YRRC would like to welcome our newest members:

Danny, Jacob, Hannah and Kimberly Jones	Andrew Petz
Lee Killpack	Brent Sparks
Jessica and Matt Marcini	Megan Stough

The club would also like to congratulate the following individuals for their accomplishments:

Marine Corps Marathon: Bob Weikert and Jan Workinger (3:55:26)

If you'd like your accomplishments to be printed in an upcoming issue of the newsletter please either call or email Denise Tushingam.

The Future of York County's Running Scene

By: Nancy Ann Rossi-Fogle

Veteran Runners...keep your eyes peeled for the "up and coming" youth runners who are storming the county. They may give some of the veteran "greats" a run for their money.

In the past 10 years, I have had the pleasure of counseling middle school students. For five of those 10 years, my pleasure was doubled with the experience of coaching track for middle school students at Central York Middle School. In the fall of 2004, the county of York approved the first ever Middle School Cross Country Program. Six very fortunate school districts got on board: Red Lion, Dallastown, New Oxford, Susquehannock, Southwestern and Central York. In my opinion, this movement has created a surge of young and talented runners in this area.

The Central York Middle School boys and girls teams took full advantage of this program and the 26-member team went undefeated during that first season (5-0). With the addition of Spring Grove to make a 7-team roster, the Central York Middle School Cross Country team came back in 2005 with 46 runners for another impressive undefeated season (6-0) for BOTH the boys and girls teams.

Being a runner myself, I can honestly say that you cannot compare the joy of creating passion for running to a young group of people. In fact, creating that same joy and fulfillment for anyone is also an amazing experience. If you are an adult and your running is feeling flat, I encourage you to take an interest in assisting the young people of our community or join the beginner running club that is also featured in this newsletter.

Since Middle School sports are not featured in the newspaper (under PIAA school rules), I just wanted to take a few minutes to highlight some accomplishments of some of these great young athletes.

Freshman Ethan Bennis recently finished in 35th place at the District Cross Country meet at Milton Hershey in the AAA division. Ethan's place and finishing time of 17:01 was good enough to earn him a spot in the STATE competition. Ethan was only 1 of 2 freshman males who qualified on their own for states in AAA competition this year. Ethan was the second fastest male in the league as an 8th grader. If you have not heard of this young man, he was the winner of this year's Springettsbury 5K finishing somewhere around 16:25. Ethan also has the claim to fame of being the only 8th grade student to break the 5-minute mile in middle school. Ethan won the 1600-meter event at the County Track meet last year in the mile in 4:56.

8th grader, Chelsea Clemens has gone undefeated in Middle School Cross Country competition for the last two seasons. She was the first place finisher at the Country Cross Country meet two years in a row as well. She is the only female who has run sub 13 minute races in both league and country competition in the last two years. Her PR in a 2-mile Cross Country race is 12:24. Chelsea was also undefeated in the 1600-meter run as a 7th grader last year. The only loss that Chelsea incurred in two seasons came at the Gettysburg Invitational this season. Chelsea finished 3rd out of 205 females, and was less than 5 seconds behind first and second finisher females from Hershey and Lampeter-Strasburg. Though she did not win, Chelsea along with the first two finishers broke the previous course record.

You may have read that 16-year old, Eric Dykstra just ran his first marathon in 3:33. He continued to compete in Cross Country competition just days after his big race.

Keep your eyes on 7th grader Emily Forrey. Emily was 2 seconds off breaking Chelsea's fastest time from one year ago. Emily was the first female finisher in the Springettsbury 5K in September finishing in 19:28.

Freshman Ethan Bennis, Mallory Goding and Ben Myers all had solid freshmen years consistently maintaining point-scoring status throughout the Cross Country season. Ben was the fourth male freshman finisher in District competition for AAA.

7th grader Trent Landis had a sensational first year and has the course record on the Central York Middle School course in a time of 11:52. Trent ran the Market Street Mile last summer in a 5:32.

These are just a few of the many accomplishments of these young runners. Congratulations to all those students who contributed to two outstanding seasons for Middle School Cross Country. You truly are the future of running. Thank you for representing us so well.

CYMS 2004 Team

Ethan Bennis
Kyle Brenneman
Zach Carlisi
Cayla Clawson
Chelsea Clemens
Jarred Collins
Zach Cauchon
Ali Davis
Clarke Freeman
Kristen Gardiner
Alex Ghaben
Mallory Goding
Marissa Goding
Shon Grove
Patrick Harper
Derrek Hoffer
Greg Jacobs
Bethany Knepper
Aubrie Luckenbaugh
Ryan Lutz
Emily Miller
Katy Mills
Ben Myers
David Oak
Eric Petry
Dani Rutter
Sam Strine
Chelsea Truax
Alicia Vandermark

CYMS 2005 Team

Alex Aguilar
Rochelle Benkert
Zach Cauchon
Cayla Clawson
Chelsea Clemens
Hannah Cooligan
Jarred Collins
Jimmy Dwyer
Sarah Eline
Summer Fleming
Emily Forrey
Hayley Freeman
Kate Garvin
Alex Gillespie
Marissa Goding
May Gonzalez
Aaron Goodyear
Shon Grove
Andi Henry
Hannah Hess
Allison Jacobs
Erik Jacobs
Kayleigh Johnson
Chelsea Jones
Chris Koehler
Trent Landis
Krista Miglinas
Madi McSherry
Grant Meckley
Liz Mylin
David Oak
Sarah Pater
Courtney Peterson
Kurt Rishel
Mike Rotell
Mike Sallemi
Andrew Schmidt
Katie Schriver
Branden Smith
Chris Spicer
Sammie Stoltzfus
Jordan Strine
Luke Swomley
Jenna Taylor
Chelsea Trabert
Sean Zortman

The York Road Runners, Marty Strine and Bob Weikert were the Co-Directors for the inaugural running of Springettsbury 5K Race and Fun Run. This event was part of Springettsbury Township "Day in The Park Celebration". Marty and I would like to thank the following people which gave of their time to help make this Race a success.

Jim Walters
Bill Schenck
Harriet Schenck
Jean Strine
Matt L. Strine
Matt J. Strine

Sonja Billet
Luci Billet
Aubrey Waltersdorf
David Wendel, Director of Parks & Recreation
Matt J. Strine
Jan Workinger

Thank-You
Marty Strine and Bob Weikert

The York Road Runners this year wanted to do something to support the fast growing Middle School Cross Country programs in York County. The idea for The Panther Middle School Cross Country Invitational was started this year by the YRRC. The Club would like to thank the following people who volunteer their time and/or efforts to make this event happen this year.

Marty Strine	Nancy Rossi
Jack Goodwin	Steve Bischof
Lynn Vanhouwe	Denise Tushingham
Dan Vanhouwe	Brett Pfeifer
Jan Workinger	Carrie Pfeifer
Joe Myers	Robert Weikert
Jeff Hines	Kelley Loser
Jeff Loser	Jenny Foster
Collen Loser	Marty Trimmer

The YRRC would like to make this a yearly event and will have next year's Race posted on the race calendar in the very near future.

Thank You
Bob Weikert

Army Ten Mile Experience

I planned to run the Army 10 miler in Washington, DC on October 2, 2005 at 9 minute miles, so I would be finished right at 1 hr 30 min. This was my first time going to this race. My aunt and uncle live nearby and are both in the Army, so I stayed w/them. Needless to say, I had my goal time and achieved it, but had to keep running. There was a bomb threat on the 14th street bridge, so they had to re-route the course at the last minute. They said we ran 11.2, but by my time we ran around 11.7. It was still a great experience and I would recommend it to any runner! The monuments and the capitol are just beautiful to run by!
It was an interesting, but fun experience overall. Happy Running!
By Jessica Sweitzer

Please use the following ballot to vote for the officers of the York Road Runners Club for the upcoming year:

YORK ROAD RUNNERS CLUB 2006 OFFICERS

President: Bob Weikert	_____
VP-Membership: Bobbi Kehr	_____
VP-Merchandise: Jan Workinger	_____
VP-Newsletter: Denise Tushingham	_____
Treasurer: Doug Moyer	_____
Secretary: Jack Goodwin	_____
Membership Data Coord: Mike Kehr	_____
Race Calendar Coord: Tom Schaffstall	_____
Web Master: Julie Bear	_____

Write in any other person who may be interested and the position: _____

RACE CALENDAR – NOVEMBER 12, 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)

NOVEMBER 12, 2006

- 12 7th Veteran's Day 5K, 9am, American Legion, Summit Hill, PA, mogorun@ptd.net
12 **29th YORK WHITE ROSE 5 MILER**, 9am, York, PA, Clay Shaw, 717 764-1181 or sports35_photography@yahoo.com
12 Richmond Marathon, 804 673-RACE
13 Oley Valley Country Classic 10 Miler / 5K, 9am, Oley, PA, 610 589-5374 or www.pagodapacers.com
13 Roman Run 5K, 8:45am, Philadelphia, PA, 215 627-5487
13 33rd Harrisburg Marathon, 8am, 717 761-5178, mamcclintock3@hotmail.com or www.harrisburgmarathon.com
13 Veterans' Day 5K, Norristown Farm Park, 610 584-8077
13 29th South Mountain 10 Miler / 5K, 9am, Hellertown, PA, 610 264-9255 or nanhof@juno.com
19 47th Heller Memorial Kid's Races, 9am, Berwick, PA, () 759-1428 (evenings)
19 York Catholic H. S. 5K, 9am, York, PA, 717 846-8871
20 Turkey Trot 5K, 1:30pm, Millersville, PA, 717 872-4627
20 12th Philadelphia Marathon, 8am, 215 685-0054 or www.philadelphiamarathon.com
20 32nd Muhlenberg Turkey Trot 10K, 11am, Laurel Run Park, Reading, PA, 610 929-0630 or www.muhlenbergtwp.com
20 Mayberry 4 Mile Trot (race day entry only), 9am, Silver Run, MD, 410 848-6244 or runbob@juno.com
20 Pocono Family YMCA 5K, 9am, Stroudsburg, PA, 421-2525 x124
24 96th "Run For The Diamonds" 9 Miler, 10:30am, Berwick, PA, () 759-1300
24 Run For Your Health 5 Miler, 7:30am, Langhorne, PA, 215 364-0905, www.bcurr.info
24 Turkey Trot 5K, 9am, YMCA of York, PA, Amy at 717 843-7884 x269 or www.yorkcoymca.org
24 1st SMT New Cumberland Turkey Trot 5K, 8am, Cumberland, PA, 717 418-4157 or MDPoohbear@aol.com
24 Harry C. Holland GUTBUSTER: 8.4,2 Milers, 10am, Pittsburg, PA, 4123 441-1776 or wlh47cah@adelphia.net
24 Turkey Trot 6K, 9am, State College, PA, www.deepsixracing.org
26 Northern Central Railway Trail Marathon 7 2 Person Relay, 9:30am, Sparks, MD, www.brrc.com
26 Delaware Open Cross-Country Championships, 10:30am, Wilmington, DE, 302 892-2829
27 Dirty Bird Trail 9.3 Miler, 10am, Birdsboro, PA, Reading, PA, Ron Horn, 610 779-2668 or www.pretzelcitysports.com
27 Habitat For Humanity 5K, Quakertown, PA, 215 538-0994 or wtuszynski@comcast.net
27 Arthritis 5K, 10am, Greater Scranton YMCA, Dunmore, PA, ??? 823-2888

DECEMBER, 2005

- 4 Nittany Valley Half-Marathon, 10am, contact Dave Egger at egger@geosc.psu.edu
4 Las Vegas Marathon, 6am, www.lvmarathon.com
4 Deerslayer Trail Run: 5K/10K, 8am, Pittsburg, PA, 724 348-6012
4 Aivernia College 5K, 10am, Reading, PA, 610 779-3277 or teachlc3@aol.com
10 Jingle Bell Run 5K, 10am, Burnham, PA, 717 935-5078 or Stacey@falknerspc.com
11 **DOVER 10 MILER (YRRC Winter Series #1)**, 1pm, Dover, PA, Paul Makurath, 717 652-8633 (h) or 783-4253 (w)
11 Shiver by the River 10K/5K #1, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or www.pagodapacers.com or sjackson@gpu.com
11 Jingle Bell Run for Arthritis 5K, 1pm, Lancaster, PA, 717 397-6271
11 Frostbite 5 Miler, 1pm, Duboistown, PA, 570 322-1577

- 18 Kris Kringle 5 Miler, 10am, Berks Ag Center, Reading, PA, 610 780-0842 or www.pagodapacers.com
 31 **DOUBLE DEUCE**, 11:55pm, York, PA, Dan and Lynn VanHouwe, 717 852-9629
 31 First Night 5K Resolution Run, 6:30pm, State College, PA, eggler@geosc.psu.edu
 31 4th New Year's Eve 5K, 7pm, Bloomsburg YMCA, ??? 784-0188

JANUARY, 2006

- 8 **SPRING VALLEY 5K (YRRC Winter Series #2)**, 2pm, Patosi, PA (east of Glen Rock - exit 8 off 83), Peter Klotz, 717 845-2856 (h) or Tom Shepp, 717 792-3214 (h)
 8 Shiver by the River 10K/5K #2, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or www.pagodapacers.com or sjackson@gpu.com
 6 Miami Marathon and Half Marathon, RunMiami.com
 6-8 Walt Disney World Marathon / Half-Marathon Weekend, Lake Buena Vista, FL, contact disneyworldmarathon.com or 407 896-1160
 15 P.F. Chang's Rock 'n' Roll Arizona Marathon and Half Marathon, 1 800 311-1255 or www.mraz.com or mraz@eliteracing.com
 21 **DALLASTOWN WILDCAT 10K (YRRC Winter Series #3)**, 12 noon (Note: Mile fun run will start at 11:45am), Dallastown, PA, Bob Breighner, 717 244-6865 (h)

FEBRUARY, 2006

- 4 **ACCOMAC 8K (YRRC Winter Series #4)**, 9am, Wrightsville, PA, Dave Weitzel, 717 252-4544 (h)
 18 **SAGINAW 10K (YRRC Winter Series #5)**, 9am, Saginaw, PA, Jack Goodwin, 717 600-2282 (h)
 12 Shiver by the River 10K/5K #3, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or www.pagodapacers.com or sjackson@gpu.com
 25 Run for the Cookies 10K, 10:30am, Berwick, PA, 570 759-1300 or www.runfordiamonds.com
 26 Ugly Mudder 7 Mile (more or less) Trail Run, 10am, Reading, PA, 610 779-2668 or rhornpcs@aol.com or www.pretzelcitysports.com

MARCH, 2006

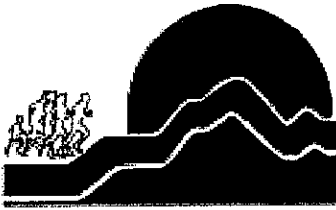
- 4 **JACOBUS 5 MILER (YRRC Winter Series #6)**, 9am, Jacobus, PA, Joe Myers, 717 252-1183 (h)
 12 Shiver by the River 10K/5K #4, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or www.pagodapacers.com or sjackson@gpu.com
 18 **SPRINGETTSBURY 15K (YRRC Winter Series #7)**, 9am, York, PA, Marty Strine, 717 840-0811 (h)

APRIL, 2006

- 2 **INDIAN ROCK 10K (YRRC Winter Series #8 – last one – food / award presentations follow)**, 2pm, York, PA, Tom and Rosa Schaffstall, 717 755-6806 (h)
 2 22nd Cook Forest Half-Marathon and 5K, 11am, Cooksburg, PA, 814 393-2081 or dcaulfield@clarion.edu
 8 Eat Em Up 5K, Gettysburg, PA,
 22 **18TH LADY WHITE ROSE 5K**, 9am, YWCA of York, PA, Krista Darr, 717 428-3336 or kdarr@suscom.net
 29 Bike & Hike by The Arc of York Co., 9am to noon, John Rudy County Park, York, PA, 717 846-6589
 30 New Jersey Marathon / Half-Marathon, 7am, Long, Branch, NJ

MAY, 2006

- 6 **Race for the Ages**, Cross Keys, Hanover, PA



MARTIN FOOT AND ANKLE
 YORK - SHILOH
 HANOVER – SHREWSBURY - LANCASTER
 717-757-3537 / www.martinfootandankle.com

2006 York Road Runners Winter Series

Series Coordinator (s): Robert Weikert 717-755-1286 (H) WinterSeries@suscom.net
 Jan Workinger 717-755-1856 (H) jan.workinger@hillmangroup.com

York Road Runners Club's Web Page: [//www.yorkroadrunners.com](http://www.yorkroadrunners.com)

Purpose:

The Winter Series is a running program managed by The York Road Runners Club and sponsored by Martin Foot and Ankle Center. It is a total of eight running races for one low fee with the purpose of encouraging runners and joggers to stay in shape throughout the winter months. Trophies are awarded only after the last race and awards are based on the total points received for the series within each age bracket. Each participant is assigned a racing number at their first race and is responsible to **Bring and Wear** this same number to all races they attend. A commemorative gift is provided after the last race to all runners who have run or helped in at least 5 of the 8 races.

One-mile fun runs will be held at each event. The one-mile fun runs will count toward the 5-race requirement for the commemorative gift. The top 3 finishers AGE 12 and under, running the Fun Run (s), will receive awards based on a point system similar to the Series Awards.

Schedule: 2006 York Road Runners Winter Series (new race dates and times this year)

Date	Timeⓐ	Race	Director (s)	☎Phone
1. Sunday 12/11/05	1 pm	Dover 10 Miler	Paul Makurath	717-652-8633 (h) 717- 783-4253 (w)
2. Sunday 01/08/06	2 pm	Spring Valley 5k	Peter Klotz Tom Shepp	717-845-2856 (h) 717- 792-3214 (h)
3. Saturday 01/21/06	12 noon	Dallastown WildCat 10k (One mile Fun Run will be held at 11:45 am)	Bob Breighner	717-244-6865 (h)
4. Saturday 02/04/06	9 am	Accomac 8k	Dave Weitzel	717-252-4544 (h)
5. Saturday 02/18/06	9 am	Saginaw 10k	Jack Goodwin	717-600-2282 (h)
6. Saturday 03/04/06	9am	Jacobus 5 Miler	Joe Myers	717-252-1183 (h)
7. Saturday 03/18/06	9 am	Springettsbury 15k	Marty Strine	717-840-0811(h)
8. Sunday 04/02/06	2 pm	Indian Rock 10k	Tom & Rosa Schaffstall	717-755-6806 (h)

A one-mile fun run will also be held on race day for all Winter Series Events.

All Winter Series Races will be held in moderately bad weather, which includes rain, snow, ice and cold temperatures. In case of a severe blizzard or dangerous levels of ice, the race could be postponed for a week or cancelled. If you are unsure please check for a posting on www.yorkroadrunners.com or contact the race director or series coordinator. All races which are postponed will be re-scheduled for the following week on the same day of the week and at the same time. We reserve the right to cancel races which are postponed more than once.

Cost:

Applications mailed on or before 11/19/05

(Cost for all 8 races) \$20.00 one time fee _____

After 11/19/05 \$28.00 one time fee _____

Note: No family of runners will be charged more than a combined fee of \$50.00

Same day Registration for any one of the races \$7.00 per race _____

Fun runs only for the eight races \$10.00 one time fee _____

Or \$2.00 per race _____



TOTAL CASH/CHECK-----> \$ _____

(Please make checks payable to York Road Runners Club)

In consideration of this entry being accepted to each and all of the above races, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the 2006 York Winter Series, the York Road Runners Club, its officers, directors and race sponsors and cities, boroughs, townships, and parks involved with the races. I certify that I am physically fit for the events. The race organizers reserve the right to reject any entry.

PLEASE PRINT

Last Name: _____ First: _____

Birth Date: ___/___/___ Sex: M / F Runner's Signature _____ Age _____ (on Dec. 12, 2005)

Address: _____ City/State: _____ Zip: _____

Phone: (_____) _____ Email: _____

Parent or guardian must sign if under 18. _____

Mail applications and payments to: **YRRC-Winter Series**
C/O Lynn Vanhouwe (run.fast@suscom.net)
1200 Midland Ave
York, PA 17403

More Details and a Printable race application will be posted on YRRC NEW Web Page
www.yorkroadrunners.com

✂-----CUT HERE-----

Directions to Races from York, PA:

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

- Spring Valley:** I-83 south to exit 8 (Glen Rock); left (east) on Rt. 216 travel less than 1/4 mile; right on Potosi Rd.; follow Potosi Rd. about 2 miles to Spring Valley Park; left on Crest Rd. to Equestrian Center on right.

- Dallastown:** Get off at the Queen Street (Route 74) South exit. Go approximately 4 or 5 miles to Dallastown. Go to the first traffic light (Turkey Hill on your right) and turn right onto Walnut Street. Stay straight on Walnut St. for about three quarters of a mile. This road brings you in behind the school and to the stadium. Bear to the left at the stadium (between stadium and school) to go to the parking lot

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

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

- Jacobus:** I-83 south to exit 14 (Leader Heights); right (west) on Leaders Heights Rd. left (south) on George St.; into Jacobus where George St. becomes Main St.; right (west) on Church St. and park behind Christ United Methodist Church.

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

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

YORK CATHOLIC HIGH SCHOOL

5K RUN

Fun-Walk

*to benefit the
York Catholic
Student Council*



601 E. Springettsbury Avenue
York, PA 17403

Saturday, November 19, 2005
9:00am—shot gun starts
One mile fun-walk will begin
at 9:15am.

Featuring a new, mostly
paved, course!

Features of the YCHS 5K Race

- Cash prizes will be given for 1st place in male/female/under 18 categories.
- A new, mostly paved, course has been created to increase the enjoyment of the race.
- T-shirts will be available for an extra fee of \$6. T-shirts must be pre-ordered by November 6, 2005.
- Door prizes will be drawn at the conclusion of the race.
- Please return the completed registration and check paid in the following address.

*Looking forward to
seeing YOU there!*

Personal Information

Name: _____

Address: _____

Phone: () - - _____

Gender (circle): male female

Age Group for 5K
Only (circle):

8-11 12-15

16-24 25-35

36-55 56 +

YC Alumni?
Yes or No

Run / Walk
\$6.00 / \$3.00

+ T-shirt (optional)
\$6.00
S M L XL

Total Cost (circle):
\$3.00 \$6.00
\$9.00 \$12.00

YORK CATHOLIC HIGH SCHOOL

5K RUN

FUN-MAK



Waiver and Release

The undersigned in consideration of admittance to this activity does hereby for myself agree to release, waive, and forever discharge from all liabilities and further agree to indemnify, save, and hold harmless York Catholic High School, Student Council, and all administrators of this event from any loss, liability, damage, or costs which may be incurred due to participation in this activity.

I know that running a race is a potentially hazardous activity. I verify that I am physically fit and have trained sufficiently for the race. I know that there may be traffic near or on the course route and assume the risk in running near traffic. I also assume any and all other risks associated with participation in this event including, but not limited to falls, contact with other participants, the affect of weather, etc.

Signature of Competitor

Date

[Dashed box for signature]

[Dashed box for date]



York YMCA 5K Turkey Trot Race Information

START/FINISH

November 24, 2005 at 9 a.m.

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

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

AGE DIVISIONS

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

AWARDS

Overall (male and female) top three finishers

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

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

RANDOM DOORPRIZE DRAWING

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

REGISTRATION

Pre-Entry: Postmarked by November 14, 2005 \$15.00 with a T-Shirt (\$10.00 without).

Post-Entry: Postmarked after November 14, 2005 \$20.00 with a T-Shirt (\$15.00 without).

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

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

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

Race Day entries: 7:30 a.m. to 8:45 a.m. at the York YMCA gym.

(If paying at event correct change is appreciated!)

All proceeds benefit programming at the York YMCA.

Where we build strong kids, strong families and strong communities.

Parking available in York YMCA parking lot.

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





ENTRY FORM for Turkey Trot

Name _____ Age ____ male ____ female ____ dob ____/____/____
Last First

Address _____ City, State, Zip _____

Phone () ____ - ____ Email: _____

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

Signature

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

ENTRY FEE

by 11/14 w/T-shirt (\$15) _____ **After 11/14 w/T-shirt (\$20) _____
by 11/14 w/out T-shirt (\$10) _____ **After 11/14 w/out T-shirt (\$15) _____

Shirt Size: S ___ M ___ L ___ XL ___
Availability guaranteed for first 300 applicants

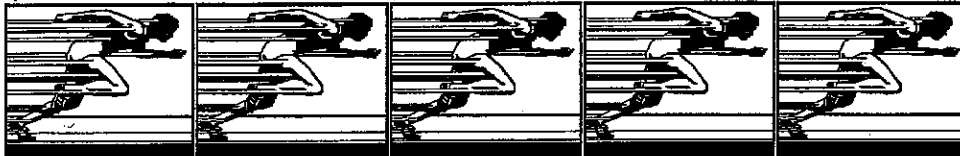
TOTAL Enclosed: \$ _____

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

or by Credit Card
Card No.: _____
Exp Date: ____/____/____

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

York YMCA 5K Turkey Trot Race Information
Are you a YMCA member?
Yes: _____ or no: _____



IT'S FALL BACK, **LET'S RUN FORWARD** TIME!!

Are you ready to get into better shape? Are you tired of making excuses for not exercising? Are you a newer or inexperienced runner? Do you need an encouraging person to run with 2 times a week?

THIS IS YOUR LUCKY SEASON and the only thing it will cost you is 2 hours of your time a week. Seriously...no money is needed.

Beginning Monday, October 31st, an ADULT BEGINNING RUNNER'S CLUB is starting in our community. You need NOT have any running experience to participate. We will be meeting at the new Central York High School Track from 4-5 p.m. on the dates below.

The facilitator is Middle School Counselor and Middle School Cross Country Coach, Mrs. Nancy Rossi. Even if you cannot attend every session, you are still welcome to join us. You owe it to yourself and your family to take care of yourself. ☺

Please bring a water bottle with you for each session and dress comfortably but warm enough for the 40-degree weather we have been having.

Dates of our sessions:

Monday	Wednesday	Thursday
October 31 st	Nov 2nd	
November 7 th		November 10 th
November 14 th	Nov 16th	
November 21 st		
		December 1 st
		December 8 th

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: \$30/*\$40
(Finish boards, mile markers, chute equipment,
Chronomix, and/or clock.)

Timer person: \$45/*\$60

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

Out of County \$25

York County Races \$0

* OUT OF County rates

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!

