

Release

I understand that the 2006 Double Creek Tour requires a helmet to be worn at all times while riding in the tour. In signing this release, I understand the intent thereof and hereby agree and will absolve and hold harmless WellSpan Health, the York Health Foundation, or any other parties connected with this event in any way, singly or collectively, from and against blame and liability for any injury, harm, loss, inconvenience or damage suffered or sustained as a result of the participation in the 2006 Double Creek Tour and Run or any activities associated herewith.

I also hereby consent to and permit any emergency treatment in the event of injury or illness. I also give full permission for the use of my name and photograph in connection with this event.

Signature: _____

(Signature of parent/guardian if rider is under 18 years of age)

Information provided on this form will be considered confidential and will not be made available to other organizations.

Please return to: York Health Foundation
45 Monument Road
Suite 200
York, PA 17403

Directions To the Double Creek Tour and Double Creek Run

From the East:

Take Route 30 West to York. Take the 74 North exit toward Dover. From here, follow the directions from Dover.

From the West:

Take Route 30 East towards York. Take the 74 North exit toward Dover. From here, follow the directions from Dover.

From the North:

Take 83 South to Route 30 West. Take Route 30 West to 74 North exit toward Dover. From here, follow the directions from Dover.

From the South:

Take 83 North to Route 30 West. Take Route 30 West to 74 North exit toward Dover. From here, follow the directions from Dover.

From the Square in Dover:

At the square in Dover, turn left onto Canal Road. Go approximately one mile to North Salem Church Road and turn right. Go approximately ¼ mile. North Salem Elementary School will be on the right.

Registration Form

(or register online at www.doublecreek.org)

Complete the following registration form

and submit with your pre-registration fee by June 10, 2006.

Register the day of the event by bringing the completed registration form and the registration fee. All registrants will receive a run/tour number and pre-registrants are guaranteed a Double Creek t-shirt.

Name: _____

Address: _____

Phone: _____

Email: _____

Gender _____ Date of Birth _____

T-shirt Size: Adult or Youth (circle one)

Small Medium Large X-Large (circle one)

My check (payable to York Health Foundation) for:

Please charge my credit card

Visa Mastercard Discover

Number _____

Expiration Date _____

Signature _____

Sign me up for one of the following:

The ride: 63 30

The run: half marathon 5K 1 mile fun run

The Endurance Challenge

Fundraising Challenge New this year! Pledge to raise \$150 for the Healthy Community Pharmacy and receive a Double Creek Under Armour long-sleeve shirt. In order to receive your shirt on the day of the event, you must give us your commitment to the Fundraising Challenge by May 15. Money is not due until the day of the event. Please make check payable to York Health Foundation.

If you do not opt to take the Fundraising Challenge today, but decide at a later day that you would like to participate, please notify us before May 15 by calling Lisa Oriolo at 851-2149.

Shirt size: Small Medium Large X-Large (circle one)

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.)	\$30/*\$40
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!





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 Tushingham		ddtushingham@earthlink.net H:637-7706
Treasurer	Doug Moyer	H:741-2520	moyer6@suscom.net
Secretary	Jack Goodwin	H: 600-2282	runjack@verizon.net
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 #183 February 2006-March 2006 PRESIDENT'S MESSAGE, by Robert Weikert

This is the time of year, that a runner needs to rely on his or her dedication and conviction to lace up those sneakers on the cold winter days in order to meet mileage goals. Most of the time the cold weather really doesn't bother me, but instead the lack of daylight limits my running to a minimum.

The 2006 Winter Series is off to a great start with 153 runners taking part in the Dover Ten Miler. The landscape was covered in snow but the roads were clear and the temperature was perfect for a long run. By the time this article gets published in the newsletter our second race of the series will also have been completed, the Spring Valley 5K on 01/07. The third race of the year, the "Dallastown Wildcat 10K" will be held on Saturday, January 21. This race is a relatively a new race for the YRRC but has already earned its place in our Winter Series.

The club is still looking for a person or persons to step up as the Winter Series Coordinator for next year. The responsibility of this position is to work with the existing eight race directors making sure the races are rewarding experiences for the runners during the winter months. Series co-coordinator Jan Workinger and I will both be stepping down at the end of this year's Winter Series after five plus years of service in this position.

Within the next month you will hear about another racing series that will take place in York County. It's in its final planning stages at the present time but once all the details have been completed, you will be seeing information in the news about this new exciting opportunity for runners. I can tell you one piece of information, it will not be a conflict with the existing Winter Series but instead provide another opportunity for runners to compete during "warmer months" of the year.

If you believe in "New Year's Resolutions" I would encourage all of our members to make a resolution to get involved this year in the activities of the York Road Runners Club. Not only participating in its races but also giving your time to make this club even more active and a better club serving the York County and Central Pennsylvania area. Every race or running activity that is held requires the dedication of its organizers, sponsors and many volunteers. **So please do your part in making these activities a success.**

Have a Wonderful Healthy and Safe 2006!

Bob Weikert

YRRC EXECUTIVE MEETING

The Committee met at the home of Jack Goodwin at 7 p.m. on December 5, 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, Joe Brillhart & Carol Heffner.

Committee Reports:

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

Treasurer: Balance as of 11/30/05, \$8,413.54
\$5,146.64 held for Parks & Recreation / \$457.08 held for the Bon-Ton 5 Miler / \$39.88 held for Panther Invitational / \$1,758.22 Savings / \$1,011.72 Checking.

VP Membership: Current membership is 323 as of 11/15/05. Please remember to forward any change of address to the membership committee rat@blazenet.net

Merchandise: Items are selling well. Another design is being created for the club shirt. Items will be for sale at all the Winter Series events.

The lighted armbands have been replaced with a single light unit with multiple settings.

Newsletter & Web Site: Please e-mail items for the newsletter to Denise Tushingam, dtushingam@macsteelusa.com. Denise did a great job on her first newsletter since taking over this position.

Email items for publication on the club website to Julie Bear rescuemail@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	April 31, 2006

Old Business:

- Pam Paule has resigned from the Newsletter Editor position. 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.

New Business:

- Election results: motion was made to keep the officers for another year. Congratulations to all!
- The Winter Series is all set & ready to go.
- No one came forward to be the new Winter Series Race Directors for next year.
- Springettsbury Township sent us a letter for participating in Saturday in the Park and would like our help next year.

Upcoming Events:

May 22, 2006	5k Poker Run	Rudy Park
June 12, 2006	Country Run I	York Water Company Employee Center
July 23, 2006	YRRC Club Picnic	William Kain Park Boat Dock Area - Perch Pavilion
August 14, 2006	Country Run II	York Water Company Employee Center

Next YRRC Executive Meeting: February 6, 2006, 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).

There being no further business, the meeting was adjourned at 9:10 p.m.

YRRC would like to welcome our newest members:

Cathy Butler	Sandra Peck
Jeff Heist	Kayla MacKenzie
Doug Kohr	Dawn Persing
Flavius Lilly	Megan Persing
Carol Vidal	

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

Paul Makurath, Director of the Dover 10-Mile Race which is part of the Winter Series would like to thank several members of the Volunteer Club at Dover High School. Their names are as follow:

Katie Callahan	Alaina Zimmerman	Kirsten Leathery
Brandy Baltzel	Elaina Martino	Melissa Tilley
Evan Sherman	Allison Updike	Sarah Evans

RACE CALENDAR – JANUARY 15, 2006 to NOVEMBER, 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)

JANUARY 15, 2006

- 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
- 15 Mighty Medford Freeway 5K (race-day entry only), noon, Westminster, MD, 410 857-4974 or dptgettysburg@aol.com
- 15 Frozen Foot Race Series #1, Brossman Ballroom @ Masonic Village, Elizabethtown, PA, Chuck Wells, 717 367-4445 or 2athlon@comcast.net
- 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)
- 29 Bear Run 4 Miler (race-day entry only), noon, Pleasant Valley Fire Hall, Pleasant Valley, MD, 410 875-2621 or salspach@mcdaniel.edu

FEBRUARY, 2006

- 4 ACCOMAC 8K (YRRC Winter Series #4), 9am, Wrightsville, PA, Dave Weitzel, 717 252-4544 (h)
- 4 Athlete's Closet Winter Series 5K, 9:30am, West Chester, PA, 610 692-4922 or info@athletescloset.com
- 4 Memorial 5K, 10am, Shippensburg, PA, blkess@innernet.net
- 4 February Freeze 5K, noon, Roslund Elementary School, Tunkhannock, PA, 836-4784 or showard@epix.net
- 4 Athlete's Closet 5K, 9:30am, West Chester, PA, 610 692-4922 or info@athletescloset.net
- 5 5th LVRR Super Bowl Sunday 10K, 10:30am, Allentown, PA, 610 434-8070 or runlvrrbrian@rcn.com
- 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
- 18 SAGINAW 10K (YRRC Winter Series #5), 9am, Saginaw, PA, Jack Goodwin, 717 600-2282 (h)
- 18 Nescopeck State Park Snowshoe 5K/10K, 11am, Drums, PA, 570 788-4219
- 19 Frozen Foot Race Series #2, Brossman Ballroom @ Masonic Village, Elizabethtown, PA, Chuck Wells, 717 367-4445 or 2athlon@comcast.net
- 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
- 26 Stair Climb for CF, 10am, Philadelphia, PA, Cystic Fibrosis Foundation, 610 325-6001

MARCH, 2006

- 4 JACOBUS 5 MILER (YRRC Winter Series #6), 9am, Jacobus, PA, Joe Myers, 717 252-1183 (h)
- 4 4 Mile Predicted Time Run (race day entry only), 9am, F & M Manufacturing Co., Westminster, MD, Dave Herlocker, 410 848-8332 or dherlock@mcdaniel.edu
- 4 13th 5K, 10am, Bear Creek, PA, 823-3425
- 12 43rd Caesar Rodney Half-Marathon, Wilmington, DE, 302 655-7258 or sdenardo@alade.org
- 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
- 17 Chambersburg Half Marathon, 9:30am, Chambersburg Middle School, Chambersburg, PA, Wayne Kretzer, Jr., 301 739-1366 or coachwk86@aol.com

- 18 SPRINGETTSBURY 15K (YRRC Winter Series #7), 9am, York, PA, Marty Strine,
717 840-0811 (h)
- 19 Frozen Foot Race Series #3, Brossman Ballroom @ Masonic Village, Elizabethtown, PA,
Chuck Wells, 717 367-4445 or 2athlon@comcast.net

APRIL, 2006

- 2 INDIAN ROCK 10K (YRRC Winter Series #8 – NEW COURSE run mostly on the rail trail – last race in series – food / award presentations follow), 2pm, York, PA, contact Tom and Rosa Schaffstall, 717 755-6806 (h) or tschaffstall@aol.com
- 2 22nd Cook Forest Half-Marathon and 5K, 11am, Cooksburg, PA, 814 393-2081 or dcaulfield@clarion.edu
- 2 York Jewish Community Center 5k Freedom Run, 8:30am, York, PA, 717 843-0918 x115
bwalter@yorkjcc.org
- 2 34th Cherry Blossom 10 Miler, Washington, DC, www.cherryblossom.org
- 8 Eat Em Up 5K, Gettysburg, PA,
- 8 3rd Diabetes 5K, 10am, Wilkes-Barre, PA, 408-42743
- 19 2nd Josh Mottin Memorial 5K, 1pm, John Rudy Park, York, PA, Kelly Loser,
- 16 25th 5K Run for Clean Air, 9am, Martin Luther King Drive, Philadelphia, PA, 215 567-4004
x102 or sjacobs@cleanair.org
- 22 18TH LADY WHITE ROSE 5K, 9am, YWCA of York, PA, Krista Darr, 717 428-3336 or kdarr@suscom.net
- 23 10th Believe In Tomorrow / Home Depot Port to Fort 6K, 9am, Baltimore Museum of History, Baltimore, MD, 410 744-1032 or www.believeintomorrow.org/events2
- 23 River Street 3 Miler, 10:30am, Wilkes-Barre, PA, 824-4646
- 23 Penn Relays 20K / 5K, Franklin Field, Philadelphia, PA, 215 343-7908
- 23 5K Run, 8:30am, Marywood U., Scranton, PA, celiac@marywood.edu
- 29 Josh Mottin Memorial 5K Run, 1pm, John Rudy County Park, York, PA, Kelly Loser,
717 757-5449 or ThreeMileTracker@suscome.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
- 30 Race for Autism 5K & Half Marathon, 8am, Lewes, DE, 302 228-2228 or www.ldaf.com
- 30 Inglis House 5 Miler, Memorial Hall in West Fairmount Park, Philadelphia, PA, 215 581-0703

MAY, 2006

- 6 Race for the Ages, Cross Keys, Hanover, PA
- 7 Broad Street 10 Miler, Philadelphia, PA,
- 13 3rd Habitat for Humanity Womans Build 5k, 8am, Dover, PA, Cindy Schradings,
717 741-2208 or schradings@yahoo.com
- 21 19th Millersville Mile, 6:30pm, Millersville, PA, Judy Anttonen, 717 872-8810 or
www.millersvillemile.homestead.com
- 21 R. O. A. R. 5K, York, PA,
- 21 3rd Delaware Marathon and 4 Person Relay Race, 7am, Wilmington, DE,
www.races2run.com/marathon
- 21 29th Rite Aid Cleveland Marathon, 7am, Cleveland, OH, www.clevelandmarathon.com
- 27 19th Memorial 5K, 9am, Lebanon V. A. Medical Center Campus, Lebanon, PA,
717 228-6188 or www.va5k.com

JUNE, 2006

- 3 10th DOLLARS FOR SCHOLARS 5K, 9am, Northeastern High School, Manchester, PA,
717 266-3250 or griffithw@nesd.k12.pa.us
- 3 11th RUN THE ROCK 5K, 8:30am, Glen Rock, PA, Glenn Engler, 717 235-4129 or
englergw@msn.com
- 3 15th RUN FOR SIGHT 5K, 9am, Naylor's Vineyard, Stewartstown, PA, Don Scarborough,

717 993-6942

3 **God's Country Marathon**, PA, www.godscountrymarathon.com

17 **Double Creek Half-Marathon & 5K**, Dover, PA, Brett Pflieger, bpflieger@wellspan.org or www.doublecreep.org

JULY, 2006

15 **East Berlin Summerfest 5K**, East Berlin, PA, John Kloppfer, klopf23@aol.com

23 **28th BON-TON 5 MILER**, 7:30am (fun run 7:35am), York Galleria, York, PA, Jan Workinger, 717 840-1802 or resOve9i@verison.net

AUGUST, 2006

6 **23rd MARKET STREET MILE**, 6pm, York, PA, YMCA of York, Corey Strathmyer, 717 843-7884 x269

19 **Shelley Mialki Memorial 5K**, Tom Shepp, 717 792-3214 or westyorkdog@aol.com

26 **8th YORK 10 MILER**, 8am, York, PA, Chris Young, 717 495-4019 or cyoung1991@hotmail.com

SEPTEMBER, 2006

23 **Memorial Hospital 5K**, 9am, York, PA,

30 **Springettsbury 5K "Saturday in the Park"**, 10:30am, York, PA,

OCTOBER, 2006

? **MINA MILLER MEMORIAL HEALTHY CHOICES 5K**, 10am (1 mile at 9:30am), York Seventh

Day Adventist Church, York, PA, Riggs Leach, 717 246-2240 or Fern Beaven, 757-3079

15 **PARTNERS IN THE PARK 5K**, 2pm, Rocky Ridge Park, York, PA, Hal Darr, 717 741-3693

NOVEMBER, 2006

11 **30th YORK WHITE ROSE 5 MILER**, 9am, York, PA, Clay Shaw, 717 764-1181 or sports35_photography@yahoo.com

23 **97th Run For The Diamonds 9 Miler**, 10:30am, Berwick, PA,

YWCA Y-TRI CLINIC

(York, PA) The YWCA of York is hosting the Y-Tri Clinic on Saturday, January 14 and/or March 26, 2006 at the YWCA, 320 East Market Street, York, PA. The triathlon training clinics run from 8:30am until 3:30pm. Cost of the event is \$30.00 and includes lunch. Participants should bring a bathing suit, towel, and sneakers.

The clinics are for anyone who has ever thought about competing in a triathlon or for those looking for their best times. The Y-Tri Clinic will be led by a team of knowledgeable, positive, and experienced coaches and tri-athletes who will teach you everything you need to know to be successful with your training and what to expect race day.

The YWCA of York is hosting its 2nd Annual Ladies Sprint Triathlon on Sunday, June 25, 2006. The training clinics are a great way to decide if you would like to participate in this exciting event.

For more information and registration, contact Tara Neff, YWCA Fitness Director at 717-845-2631.



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

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

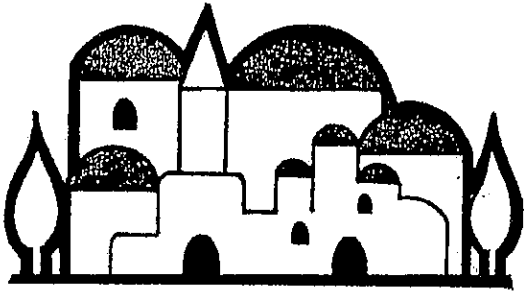
Accomac: PA Rt. 30 east to Wrightsville exit; [Follow signs to Accomac Inn] left (north) on Cool Springs Rd; right (north) on Dark Hollow Rd.; right (north) on Accomac Rd; park near Accomac Inn parking area.

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.



JEWISH FESTIVAL

a celebration of food ♦ fitness ♦ music ♦ culture



5k Freedom Run

8:30 AM

1-Mile Fun Run/Walk

8:45 AM

Sunday, April 2

rain or shine

Rolling course ♦ Course splits at 1 & 2 mile markers ♦ Professional timer
Both events will start and finish at the Jewish Community Center

Award Categories

- top finishers in each category of the 5k Run
- overall 1st and 2nd place male and female finishers
- top 3 overall finishers for the 1-Mile Fun Run/Walk

Men's/Women's Divisions

- 14 & under
- 15-18
- 19-29
- 30-39
- 40-49
- 50+

Race day registration for 5k Freedom Run and 1-Mile Fun Run/Walk begins at 7:30 AM

Pre-registration Fee - Before April 2			Registration Fee - On Race Day April 2		
5k Run:	Member \$8	Non-member \$12	5k Run:	Member \$10	Non-member \$15
1-Mile Walk:	Member \$6	Non-member \$8	1-Mile Walk:	Member \$8	Non-member \$10

All participants will receive a t-shirt the day of the race.

2006 JCC 5k Freedom Run and 1-Mile Fun Run/Walk Registration Form

Name _____ Birth Date ___/___/___ Sex M/F Age _____

Address _____ Street _____ City _____ State _____ Zip _____ Phone _____ E-mail _____

Event 5k Freedom Run For Internal Use Only before April 2 06CC-01226-01 April 2 06CC-01243-01 1-Mile Fun Run/Walk For Internal Use Only before April 2 06CC-01241-01 April 2 06CC-01243-01

T-shirt size: Youth: Small Medium Large Adult: Small Medium Large X-Large

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 JCC 5k Freedom Run and 1-Mile FunRun/Walk, its officers, its sponsors, Spring Garden Township or York Township. The race director reserves the right to reject an entry.

Signed _____ Date _____

Parent's signature if under 18 years of age _____ Date _____

Registration Fee _____

Mail registration form and check (made payable to JCC) to:

York Jewish Community Center

2000 Hollywood Drive • York, PA 17403 • (717) 843-0918 • www.yorkjcc.org



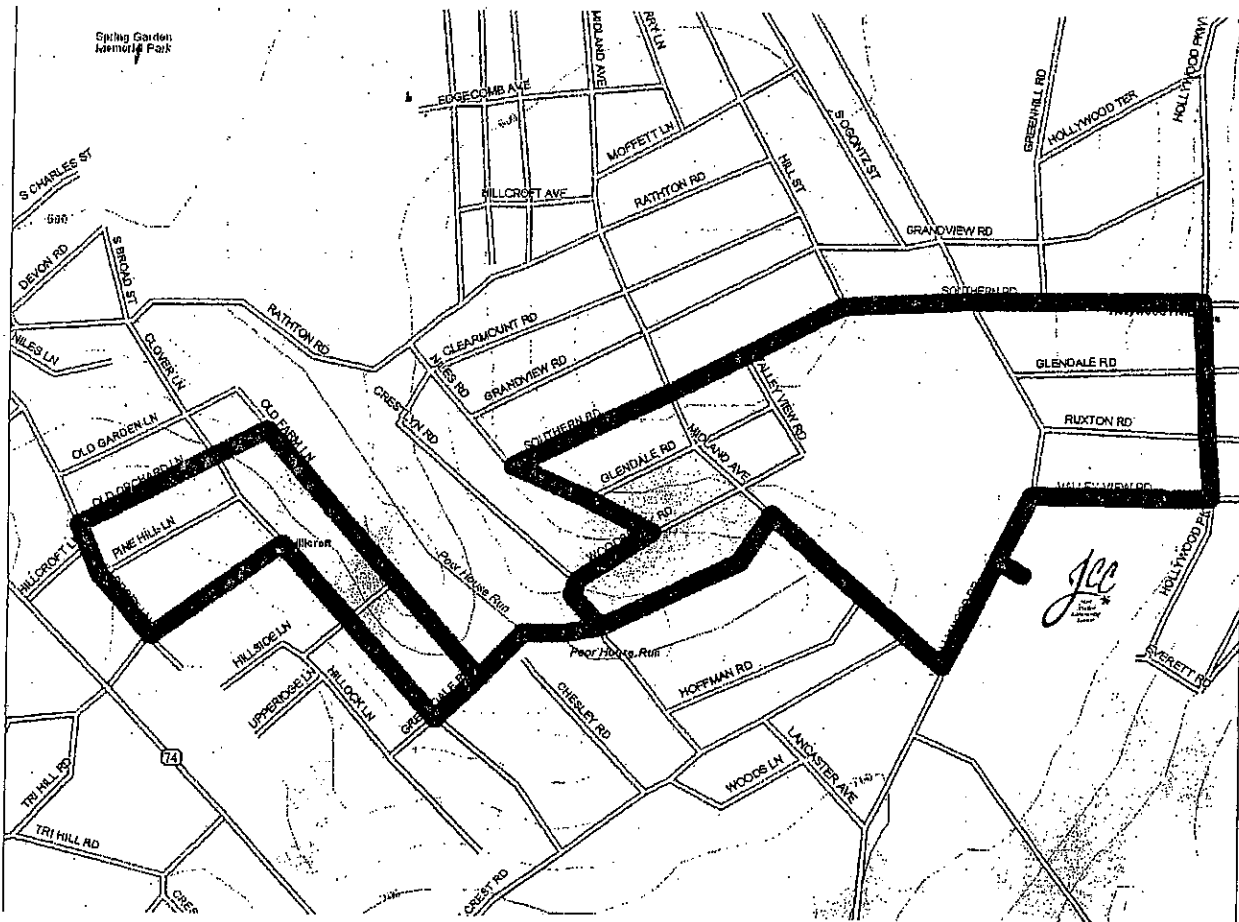
JCC 5k Freedom Run

Sunday, April 2, 2006

York Jewish Community Center
 2000 Hollywood Drive
 York PA 17403
 (717) 843-0918
www.yorkjcc.org (click on Jewish Festival)

Course Map

Exit the JCC and turn right onto Hollywood Drive. Turn right onto Valley View Road. Turn left onto Hollywood Parkway. Turn left onto Southern Road. Turn left onto Niles Road. Turn right onto Woodberry Road. Turn right onto Greendale Road. Turn right onto Old Farm Lane. Turn left onto Old Orchard Lane. Turn left onto Hillcroft Lane. Turn left onto Lambeth Walk. Turn right onto Clover Lane. Turn left onto Greendale Road. Turn right onto Midland Avenue. Turn left onto Hollywood Drive. Turn right into the JCC driveway.



APPLE HILL PODIATRY ASSOCIATES

proud sponsor of the



APPLE HILL PODIATRY ASSOCIATES, P.C.

2006

18th Annual Lady White Rose 5k RUN

the only all-female 5K run in York County

The Lady White Rose is supported by Flying Feet Sport Shoes, Moving Comfort, and Brooks.



WHEN: Saturday, April 22, 2006 9AM

WHERE: York YWCA, 320 E. Market Street York, PA (3 blocks east of Continental Square)

PREMIUM: Silk-screened MOVING COMFORT SHORTS for all participants registered by April 10th.

ENTRY FEE: Postmarked by April 10th \$18.00 with shorts OR \$10.00 no shorts
Postmarked after April 10th \$21.00 if shorts are available OR \$13.00 no shorts

ENTRY SPECIAL: Sign up for the run, bring along a new runner to our event and you both can subtract \$1 from your entry fee. You must send your entries together.

AWARDS: Special awards to the first 3 women overall and to the first master finisher.
13 & under (2); 14 -18 (2); 19-24 (2); 25-29 (3); 30-34 (4); 35-39 (4); 40-44 (4); 45-49 (3); 50-54 (2); 55-59 (2); 60 & over (2).
No duplication of awards.

RACE DAY: Run is held on city streets. Restrooms and showers available at the YWCA. Refreshments following the race. Awards ceremony and random drawings will be held following the race.

PARKING: Parking is available on the street and in YWCA lot on Reinecke Place. DO NOT park in the church lot adjacent to the YWCA.

EARLY PACKET PICK-UP: Packets can be picked up on Friday, April 21 (10am - 9pm) at Flying Feet 1511 Mount Rose Avenue York PA (845-2833)



Race day registration and packet pick-up: 8:00am - 8:30am at York YWCA

Race Directors:	Krista Darr	(717) 428-3336	(6 pm - 9 pm)	kdarr@suscom.net
	Beth Bulik	(717) 848-3207	(9 am - 5 pm)	
	Carolyn Darr	(717) 741-3693	(5 pm - 9 pm)	

All proceeds will benefit the York YWCA. Walkers are welcome.

SPECIAL NOTICE: Please read carefully and PRINT all information. NO REFUNDS.

NAME _____

LAST FIRST MI _____

ADDRESS _____

NUMBER AND STREET or POST OFFICE BOX

CITY STATE ZIP _____

TELEPHONE (____) _____

SHORT SIZE (circle one) S M L XL

AGE ON 4/22/2006 _____

MAKE CHECKS PAYABLE TO: Lady White Rose 5K

Mail checks and applications to: Krista Darr 63 Fair Acres Drive York, PA 17403

In consideration of the acceptance of this entry to the Lady White Rose, I waive all claims for myself, my heirs, and assigns the sponsors, co-operating and coordinating groups 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. I hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast or any other account of this event, without limitation, and without obligation to anyone to compensate me further therefore.

SIGNATURE _____

DATE _____

PARENT'S SIGNATURE (IF LESS THAN 18 YEARS) _____

HAPPY NEW
RUNNING YEAR!

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.)	\$30/*\$40
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!

