



## KEEPING TRACK

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## YRRC NEWSLETTER #189 February 2007-March 2007 PRESIDENT'S MESSAGE by Jan Workinger

Happy New Years!

As I'm writing to you, I'm thinking of all that delicious food I ate over the Holidays and wish I had done more running to melt away those nasty calories. I'm sure I'm not alone in that category. As this is my first President's Message, I want to take this opportunity to thank our out-going President, Bob Weikert, for the outstanding job he did the past 2-years. Bob was very instrumental in the growth of the Winter Series, both in the number of races and participation. The Panther Invitational - which was a huge success this past year - was Bob's concept and dream. I think I can speak for all us who witnessed the race in October how enjoyable it was to watch nearly 200 middle school runners spread across the start line sprinting for position. I suppose I could go on and on filling several pages of the accomplishments Bob has made for the York Road Runners Club....but that's not Bob's style. Bob has always been (as still is) concerned with the runners; young and old, fast or slow, with how he could help this sport grow in York County. I think Bob did a very good job and his shoes will be very difficult to fill. I honestly have never been around anyone that worked as hard as Bob did to better our Club and promote running. The next time you see Bob...please congratulate him on the fine job he did these past 2-years. His passion and enthusiasm for the sport is unparalleled.

We have two New York Road Runners Club Officers that I take much joy in introducing to you. First, I'm pleased to announce David Tushingam will assume the title of V.P. of Merchandise (held by yours truly). David is the other half of another YRRC Officer, Denise Tushingam, V.P. Newsletter. David already is working hard and has many new and exciting ideas for us to consider in 2007.

Our second new Officer is Brett Pfeifer. Brett's title is V.P. Race / Activity Development. This is a new position. This position will also involve Information Technology support for the Club. Yes, you read that correctly....the YRRC is now moving into the High-Tech World. Today, more then ever, High-Tech is entering our lives and we need to keep up with new technology and how we can use it to better our Club and offer solutions to our members, i.e. race timing, race finishers results, etc.

Both positions are effective on January 1, 2007.

The YRRC Executive meetings are always open to our members and non-members to express ideas and/or concerns you might have. However, so that we can schedule time accordingly to hear your message, it's always appreciated if you contact me ahead of time so we can schedule you into our meetings. Below are the YRRC meeting dates for 2007:

Feb 5th, April 2nd, June 4th, August 13th, Oct. 1st, and Dec. 3rd. We start our meetings promptly at 6:30pm and finish at 8:30pm.

Some important dates to mark in you calendar for 2007 are:

The YRRC picnic date is July 22nd and will be held at the Perch Pavilion at the Lake Redman Boat Launch Area of William Kain County Park in Jacobus. The picnic will be held after the Bon Ton 5 Miler and a picnic lunch will be served starting at 11:00 a.m. and will end at 3:00 p.m. All food and drinks provided by the YRRC.

The Poker Run 5K will be held at John Rudy Park on May 21st at 5:45 p.m. Please bring a covered dish to share. The club will provide hot dogs and beverages. Small prizes will be awarded for best poker hands.

The Country Run will be held August 6th at the York Water Company Employee-Center on Hess Farm Road at 5:45p.m. Bring a covered dish to share. The club will provide hot dogs and beverages. **NEW THIS YEAR:** We will run trails instead of the roads because of the concern of increasing traffic and no shoulders on which to run. Also, don't forget to bring swimsuits for swimming in the pool afterward!

New this year is an event known as the Prediction Run. We're looking at having the activity on the Rail Trail. Currently scheduled for the June 11th, Denise and Dave Tushingam are working out the details....more information will be forthcoming.

Before ending, I need race day volunteers for the Winter Series Springettsbury 15k held on March 17th. If interested, please drop me an email or call my home at 717-755-1856 before 9:00pm.

I look forward to the fun and challenge that lies ahead of me as President of YRRC. I will always welcome your thoughts, idea's and concerns. One of the many things Bob Weikert and I always talk about on our runs (hint...this is why we're so slow) is what more can we do to help promote running. Please keep in mind, it doesn't always have to involve running. That might sound odd...no running! but possibly an event or outing that can involve more friends or family members that are non-runners. The camaraderie that comes within the running community can be extended to other interests, such as biking, hiking, a bus trip...etc. So many times, I see the same people of our functions. The YRRC has over 320 active members....I would like to see more of you at our outings. So let's be creative....you all have a voice - let me hear from you.

Have a Safe and Happy New Year.

PS: Run safely....remember your reflective wear!

Best Regards,  
Jan Workinger

**YRRC would like to welcome our newest members:**

Tyler Urbaniak, Staci Rogers, Brent, Kerri, Jessica and Benjamin Ames, Emily Ballantyne, Matthew Bartz, Tim and Eric Bieber, Jim and Beth Bovender, Bianca Brdaric, Sherry and Kenneth Dunbar, John Enders, Emily Forrey, Doc and Bev Gallagher, Mason Gilbert, Amy McCullough, Philip, Taylor and Evan Miller, Lee Pharo-Frank, Carisa Proctor, Michael, Teri and Brittany Sanders, Dan and June Simmons, Allicia Snyder, Scott Swanson Family, Javier Torres

CONGRATULATIONS TO THE FOLLOWING PEOPLE ON THEIR  
RACE RESULTS!

- **Jan Workinger, ING New York City Marathon, 11/5/06 4:16:12**
- **Jody Reed, North Central Trail Marathon, 11/25/06, 4:30:01**
- **Bob Breighner, Hartford Marathon, 10/14/06, 3:15:56**
- **Bob Breighner, Charlotte's Thunder Road Marathon, 12/9/06, 3:16:02**
- **Eric Dykstra, Marine Corps Marathon, 10/29/06, 2:58:51 (finished 116<sup>th</sup> overall & qualified for the Boston Marathon)**
- **Karen Dykstra, Marine Corps Marathon, 10/26/06, 4:40:48**
- **Susan Krieger, Nike 26.2, 10/22/06, 4:31:00 (1<sup>st</sup> Marathon)**
- **John Boyle, San Antonio Marathon, 11/12/06, 4:12:36**
- **Kevin O'Heren, Pretzel Twist 5 Miler, 9/23/06 36:42 (7<sup>th</sup> in Age Group)**
- **Kevin O'Heren, Great Pumpkin Chase 5k, 10/28/06, 20:55 (4<sup>th</sup> in Age Group)**
- **Kevin O'Heren, York Turkey Trot 5k, 11/23/06, 21:30**

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



YRRC EXECUTIVE MEETING  
DECEMBER 2006

The Committee met at Bob Weikert's house. Attending were officers Doug Moyer, Bob Weikert, Denise Tushingam, Bobbi Kehr and Michael Kehr, Jan Workinger, Tom Schaffstall, Jack Goodwin, Winter Series Race Coordinator Margaret Moore, Webmaster Julie Bear, Guests Leslie Bentz and Don Gogniat on behalf of the YWCA, Brett Pfeiger and Dave Tushingam future Board members and Rosa Schaffstall member at large.

**Committee Reports:**

**Secretary:** Minutes from the October, 2006 meeting were approved.



There being no further business, the meeting was adjourned at 9:00 p.m.

The next YRRC Executive Meeting will be held on February 5, 2007 at Jan Workinger's home. 130 Marble Court.

The next Adopt-a-Highway will take place on Saturday, January 13, 2007 at 8:00 a.m. For details, call Jack Goodwin at 600-2282 (H) or 718-2951 (W). All members aged 12 and over are welcome to volunteer.



## Dallastown Wildcat 10K

Just wanted to put a plug in for the Dallastown Wildcat 10K (third race in the Winter Series). The race is Saturday January 20th at noon at Dallastown High School. The one mile run will start at 11:45am and will be run on the track.

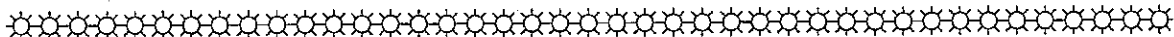
For those of you who ran it last year, we hope to have you back again this year. For those of you who didn't, it is mostly a FLAT course. Well, except for the first and last mile and a few little hills in between. OK, so it is a scenic hilly course. Don't worry about PR's, just enjoy the country run.

We will have bagels, bananas, and hot chocolate again this year. I am working on the chicken soup and hope to have it.

Now on the solicitation side - We need a couple volunteers to direct runners at intersections. Without them, the runners may end up in Glen Rock or Shrewsbury and then we would have to advertise it as a marathon.....

If you or someone you know is able to help, please reply to this e-mail or call me at 244-6865.

Thank you.  
Bob Breighner



## YWCA Race Against Racism

On Saturday, April 28, 2007 at 9 am, the YWCA of York will be joining our neighboring YWCAs in Lancaster and Harrisburg in hosting the YWCA Race Against Racism. With all three associations combining efforts, we hope to deliver a strong and consistent message throughout the region that racism will not be tolerated in our communities.

Runners of all abilities and walking teams of advocates will gather to participate in York's premiere YWCA Race Against Racism in the City of York. The 5k course will pass landmarks that recognize the city's past and also celebrates its diversity today.

Proceeds from the race will benefit community and YWCA racial justice efforts.

For more information, please contact Leslie Bentz at [raceagainstracism@ywcaofyork.org](mailto:raceagainstracism@ywcaofyork.org) or visit [www.ywcaofyork.org](http://www.ywcaofyork.org).



## **GEAR UP!** **FASHION ACCESSORIES FOR THE WELL DRESSED ULTRARUNNER**

By Doug Pobgee

So you've decided to run your first 100 mile race and you're worried that you'll look like a rookie. What's that? You have no intention of running 100 miles? Don't give me that! I saw the entries for the JFK 50 Mile run and there were 10 runners from the York area. If the race hadn't reached its 1300 runner limit earlier than normal, I'm sure you would have been there.

I'm here to keep you from embarrassing your fellow York Road Runners by letting you in on what everyone is wearing this year. Take these items with you and you'll be mistaken for an old pro at the ultra game.

### **WATER BOTTLE**

This is the most important piece of equipment you will carry. Some races will not even let you leave the starting line without one. We aren't in Kansas any more, Toto, and you're not running a marathon. Aid stations are 3 to 6 miles apart and if you are trying to walk through a bad spell, it can be two hours before your next drink. Fuel belts with multiple tiny bottles are out. I've calculated my water need for 100 miles in the summer as 9 gallons. By mid afternoon you will be ready to hurl those little bottles off the nearest cliff. Hydration packs are popular with some runners because they hold LOTS of water. Keep in mind that 16 oz of water weighs one pound. How much of a load do you want on your back for 100 miles? Besides, a quick scan of Ultrarunning magazine (you do get Ultrarunning don't you?) reveals that exactly no race winners use hydration packs.

So we are left with the basic water bottle. How do we carry it? Bottle belts are popular. Either one or two bottles with a strap that goes around your waist and you've got water. The only drawback is that the strap will chafe your skin and the weight tugging on your stomach can be uncomfortable. If you can get past that, then you are all set. If not, do what I do, carry a hand held bottle. I've grown accustomed to a 26 oz. bottle with an elastic strap that keeps my bottle firmly glued to my hand. I don't have to hold the bottle and suffer from finger fatigue.

### RACE READY SHORTS

This is no 10k that you're about to run. You'll need to take stuff with you. Important stuff. Stuff that could end your race if you leave home without it. You can put it in a backpack or you can put it in a fanny pack. They both will work but you won't do that. You are running a race not going camping, so get yourself some Race Ready shorts. You've probably seen them at marathons. They have pockets around the waistband for gel packets. In ultras those pockets will hold much more than gel packs.

### ELECTROLYTES

You've all read the ads and seen the commercials. Runners must get their electrolytes or else bad things will happen. The Grinch climbs down your chimney or something similar. You can run a whole marathon on just water and not worry about electrolytes. You will be ok. You will not be ok if you try the same thing for 100 miles. Most ultrarunners drink some kind of special, secret electrolyte mix to get the job done. No, not Gatorade. Gatorade's electrolyte replacement value is nil, plus it is full of simple sugars. Do some trial and error searching to find the drink that agrees with your body.

I found that none of them agree with my stomach. Sure they are fine for 30 miles or so, but pretty soon the sour stomach sets in and I'm done eating or drinking for a very long time. After many sick miles and a few DNFs I learned to drink plain water and take electrolyte capsules. One capsule every two hours works for me. Put them in a little plastic bag and pick an empty pocket in your Race Ready shorts.

### FOOD

You can get all of the food you need at the aid stations. Ultra folk sometimes joke that 100 milers are more of a picnic than a race. Aid stations can have sandwiches, soups, candy, potatoes (fixed a number of ways) and all kinds of snack food. You may also regret your choice of food a few miles down the trail. Don't worry, throwing up in the bushes is perfectly acceptable ultra behavior. I'm of the opinion that barfing wastes time and is bad for your mental picture. I carry small flasks of Hammergel in my Race Ready shorts. Hammergel is like GU or any of the other gels except that it doesn't have the extras like caffeine thrown in. It is all complex carbohydrates for the long slow burn. I'll carry one pack of chocolate GU for the instant energy.

### PAIN RELIEF

Running 100 miles can hurt a little bit. OK, maybe I'm just wimpy. I take along a half dozen Vitamin I pills in a little plastic baggy. I might not use them all, but it's comforting to know they are

there. Yes, I've read about the possibility of kidney failure associated with Ibuprofen and distance running. The incidences reported involve much more than six in 24 hours so I feel relatively safe. You can substitute the pain reliever of your choice.

### TOILET PAPER

Some of the aid stations may have bathroom facilities or at least a port-a-john. On the other hand you can be many miles from nowhere and regretting your choice of food two aid stations back. Ultrarunners do what bears do in the woods. We show how civilized we are by remembering to bring TP. The environmentally-conscious runner will bring the special camping paper that does all of the right things. Part time ultrarunners like me bring whatever was on the roll at home. Be sure to put it in a baggie, sweaty TP is not much good.

### TRASH BAG

This one will mark you as a true ultrarunner. Fold up a large trash bag, being careful to press all of the air out of it. Wrap a rubber band around it and stick it in the rear pocket (the large one) of your Race Ready shorts. Why a trash bag? They make the lightest, toughest raincoat you can find. They are also amazing for keeping warm at 2 am out in the woods after the temperature has dropped and you've still got shorts and a t-shirt on.

### MP3 PLAYER

If you are fortunate enough to have others to talk to or a head full of positive thoughts, you will never need this. On the other hand, if you are alone, sleepy and just a little creeped out by the weird noises in the darkness then some loud energetic music might lift your spirits. Maybe you have a special song that gets your blood pumping so that you can conquer that next hill.

### TUMS

The luckiest Ultrarunners are not the ones with speed. It's the ones with a cast iron stomach. Bring your favorite tummy soother. You'll probably need it.

### HAT

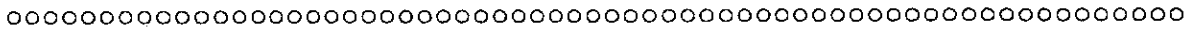
Warm in the winter, cool in the summer. Cool in the summer? Tip your hat on the way into an aid station and say "Ice please". A handful of ice cubes on your head will last almost all the way to the next aid station. You'll feel much better.

### GAITERS

One of the more esoteric bits of ultra gear, gaiters are for Trail Snobs not Road Runners. I don't wear them however you may want to fit in so I've included them. Gaiters are a small skirt that wraps around the top of your shoe. It fits tightly to your upper ankle and keeps the small stones from falling into your shoes. One hint, if you are running one of the few remaining road ultras, don't wear gaiters. Everyone will know you are either a rookie or totally clueless.

Well, there you go! All dressed for some serious distance running. All you need to do is pick the 100 miler you want to do. Maybe I'll see you there.





We left Harrisburg for San Antonio and had travel problems on both ends of the trip. We had a long delay going down due to hydraulic problems; and coming back we were circling over the Detroit connection when it was socked in from bad weather. Then flight regulations prevented us from leaving till a plumber came aboard for a malfunctioning toilet. He couldn't fix it so just duct-taped the doors closed, making for lines for the remaining one during the over 3 hour flight connection. When we finally got on the plane, people were already sitting in our assigned seats because they overbooked our flight.

One funny thing did happen while boarding one of our connecting flights. The co-pilot was chatting with a stewardess outside the cockpit while drinking a glass of tomato juice; and turned to look at the passengers as they started to enter the plane. He turned just as the lady in front of me came on board. As she passed him, she took the glass of juice from his hand, said "thank you", and started to walk down the aisle. After being flabbergasted for several seconds, he took off after her. "Ma'am", he said, "we're glad to welcome you on board, but that's my drink". :>)

Before race day:

We planned our schedule to minimize walking. We started at the runners expo at the convention center. Some doctors had set up a booth and were looking for volunteers to participate in a study on hyponatremia (low sodium) that can have life-threatening complications for long distance runners. Participants fill out diet-history forms and give pre and post-race blood samples and weight measurements. In return, the physicians will e-mail you results of over \$1000 in blood tests they do on you. I was in line in front of a soldier waiting for our turn to give blood. We started to get uncomfortable as we watched the tech try to get blood from the young lady in front of us. First multiple sticks in the left arm, then the right arm, then the back of the left hand, then the right hand. no luck.

When I sat down and extended my arm; I had a decent vein. I chuckled when she looked, breathed a deep breath, and exclaimed, "Thank God!"

I stopped at the pace team booth and asked how I could identify the volunteers who run at specific rates of speed on race day. He said, "look for someone wearing a turquoise colored shirt". He saw the blank look in my eyes. I asked him if he thought many of the guys would know 'turquoise' from a buffalo. He relented and brought out a pacers shirt for me to see.

After the Expo, we planned our schedule to minimize walking. We took a narrated boat-ride along the Riverwalk, saw an IMAX movie on the Alamo, checked out the Jackalope store, watched the Veterans Day Parade, and visited the Alamo.

Race Day:

Sunday-7am. The weather was partly cloudy, temps around 39 to start, climbing to the low 70's at the end. We lucked out. Last years' race was 87 degrees. I was told people were dropping like flies. The San Antonio Marathon revamped course starts at the Alamo and finishes inside the Alamodome. The single loop course tours the Historical Missions, The Alamo, El Mercado, Plaza de Armas, Hemisfair Park-Tower of the Americas, King William Area, Pioneer Mills, Old Lone Star Brewery, Mission Concepcion, Mission San Jose, Mission Espada, and Mission San Juan Capistrano along the San Antonio River, and ends in the Alamodome stadium.

We had a great pace-team leader. She kept us entertained with reports on the over 70 marathons that she had ran in the past. she'd quiz us on spots trivia. I didn't get any of the questions right on the Texas Longhorns or Spurs. She'd give us tips on handling the long run, like changing your stride by lifting your knees in an exaggerated high-step. Can you imagine what the spectators think when they see a small group of runners suddenly breaking into a modified version of 'Riverdance'? Well into the race, we went through a park, feeling tired as we approached the start of a hill. A soldier came up along side of our group, pacing us as he yelled the words of a cadence-march while we climbed up the hill. When we reached the top, he turned around, ran back down, and repeated his actions again with the next group of runners. He gave all of us a needed emotional boost.

At mile 25, I pulled over to the side and got out my cell phone, spilling energy gels all over the street, to give my wife a 'heads-up' that I was about 10 minutes out from the finish line. I started running again as soon as I hung up; my running companions hollering for me to catch up. When I tried to put my cell phone away, I missed the pocket and dropped it down the back of my shorts. So there I was, awkwardly running down the road with my hand and arm stuck down the back of my shorts, trying to grab my phone before it fell out the bottom of my shorts and bounced in the street. I didn't look too cool then! When we entered the Alamodrome, our images were flashed up on the big stadium screen as we approached the finish line.

The next stop was the medical booth to get the post-race blood sample and weight reading. Even though I drank some water/Gatorade at all 20 water stations during the race, I was surprised to find out that I had dropped seven pounds in water-weight. The head doctor said that level of dehydration isn't unusual for a distance race.

We walked back to the hotel. A 20 minute ice-water soak and then walking around sight-seeing afterward helped to loosen up my legs. I was happy with my race-day performance. I had a PR finish chip-time of 4:12:36.

John Boyle



**NEW for a limited time - "Get-In-Shape" Gift Membership.** Receive 50% off regular club membership fee. Must be purchased by an existing York Road Runners Club Member for a new non-member. Do you know someone who could benefit by some exercise, fresh air, and new friendships? This is the time to present them with the perfect gift, the gift of fitness. Contact Bobbi Kehr @ 741-2117 or rattie60@comcast.net for more information.

## RACE CALENDAR – JANUARY 13, 2007 to NOVEMBER, 2007

Contact Tom or Rosa Schaffstall ( [tschaffstall@aol.com](mailto:tschaffstall@aol.com) ) for your race to be included in the next newsletter  
(Note: Bold or BOLD/CAPITALIZED listings are top quality York area races)

### JANUARY 13, 2007 to . . .

- 13 HARRC Winter Series 5K – Race #2, 9 am, Harrisburg East Shore YMCA,  
Harrisburg, PA, Marge Lebo, 717 770-2231 or [www.harrc.org](http://www.harrc.org)
- 14 P. F. Chang's Rock'n'Roll Arizona Marathon and Half-Marathon, Phoenix, AZ,  
[www.rnrz.com](http://www.rnrz.com) or 1 800 311-1255
- 14 31<sup>st</sup> PSCI Icicle 10 Miler, 9am, Wilmington, DE, [www.races2run.com](http://www.races2run.com)
- 14 Mighty Medford Freeway 5K (race day entry only), noon, Westminster, MD,  
410 857-4974 or [dptjgettysburg@aol.com](mailto:dptjgettysburg@aol.com)
- 20 DALLASTOWN WILDCAT 10K – YRRC Winter Series #3, 12 noon, Dallastown,  
PA, Robert Breighner, 717 244-6865 (h)
- 21 18<sup>th</sup> Bankshots Road to the Super Bowl 5K, 11am, Wilmington, DE,  
[www.races2run.com](http://www.races2run.com)
- 21 1<sup>st</sup> "CHILLY CHEETS" 7 Mile Trail Run, 10am, Reading, PA, Ron Horn,  
[rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com), or 610 779-2668
- 21 18<sup>th</sup> Bankshots Road to the Super Bowl 5K, 11am, Wilmington, DE,  
[www.races2run.com](http://www.races2run.com)
- 28 Miami Marathon / Half-Marathon, 305278-8668 or [www.INGMiamiMarathon.com](http://www.INGMiamiMarathon.com)

### FEBRUARY, 2007

- 3 ACCOMAC 8K – YRRC Winter Series #4, 9am, Wrightsville, PA,  
Dave Weitzel, 717 252-4544 (h)
- 4 Shiver by the River 10K & 5K - #3, 11am, Laurel Run Park, Reading, PA,  
Sue Jackson, 610 779-6556 or [www.pagodapacers.com](http://www.pagodapacers.com) or [sjackson@gp.com](mailto:sjackson@gp.com)
- 4 Bear Run 4 Miler (race day entry only), noon, Pleasant Valley Fire hall, Pleasant  
Valley, MD, 410 875-2621 or [salspach@mcdaniel.edu](mailto:salspach@mcdaniel.edu)
- 4 6<sup>th</sup> Super Bowl 10K, 10:30 am, Allentown, PA,
- 10 HARRC Winter Series 5K – Race #3, 9 am, Harrisburg East Shore YMCA,  
Harrisburg, PA, Marge Lebo, 717 770-2231 or [www.harrc.org](http://www.harrc.org)
- 11 Snowfest 5K Trail Race, 2pm, RB Winter State Park, Mifflinburg, PA,  
[wkwarren@ptd.net](mailto:wkwarren@ptd.net)
- 17 SAGINAW 5K - YRRC Winter Series #5, 9am, Saginaw, PA,  
Jack Goodwin, 717 600-2282 (h)
- 18 46<sup>th</sup> Washington's Birthday Marathon, 10:30am, Greenbelt, MD, 301 443-4858 or  
[www.dcroadrunners.org](http://www.dcroadrunners.org)
- 18 Bank of America Marathon / Half-Marathon, Tampa, FL, 813 254-7866 or  
[www.tampabayrun.com](http://www.tampabayrun.com)
- 24 Run For The Cookies 10K, 10:30am, Berwick, PA, 570 579-1300
- 25 4<sup>th</sup> "UGLY MUDDER" 7.25 Mile Trail Run, 10am, Reading, PA, Ron Horn,  
[rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com), or 610 779-2668

### MARCH, 2007

- 3 JACOBUS 5 MILER – YRRC Winter Series #6, 9am, Jacobus, PA,  
Joe Myers, 717 252-1183 (h)
- 3 14<sup>th</sup> 5K, 10am, Bear Creek, PA, 570 823-3425 or [revreg@att.net](mailto:revreg@att.net)
- 3 10 & 4 Mule Runs, 9am, Quakertown, PA, 267 374-1631 or  
[BillTuszynski@comcast.net](mailto:BillTuszynski@comcast.net)
- 3 Seneca Creek Greenway Trail Marathon, 8am, Gaithersburg, MD, Ed Schultz,  
301 528-0936

- 4 22<sup>nd</sup> Los Angeles Marathon, 8am, 310 444-5544 or [raceinfo@lamarathon.com](mailto:raceinfo@lamarathon.com)
- 4 Shiver by the River 10K & 5K - #4, 11am, Laurel Run Park, Reading, PA,  
Sue Jackson, 610 779-6556 or [www.pagodapacers.com](http://www.pagodapacers.com) or [sjackson@gp.com](mailto:sjackson@gp.com)
- 10 Brian P. Kelly Memorial 5K, 11:30am, Scranton, PA, 570 207-5604
- 17 SPRINGETTSBURY 15K – YRRC Winter Series #7, 9am, York, PA,  
Jan Workinger, 717 755-1856 (h), or [jan.workinger@hillmangroup.com](mailto:jan.workinger@hillmangroup.com)
- 17 Shamrock Sportsfest Marathon/Half Marathon/8K, Virginia Beach, VA,  
[www.shamrockmarathon.com](http://www.shamrockmarathon.com)
- 17 28<sup>th</sup> Chambersburg Half-Marathon, 9:30am, Chambersburg, PA, Wayne Kretzer,  
301 739-1366 or [www.chambersburgrrc.org](http://www.chambersburgrrc.org)
- 18 27<sup>th</sup> Winter's End 4.5 Miler, 10am, Lehman, PA, Vince Wojnar, 570 474-5363 or  
[wyovalstr@aol.com](mailto:wyovalstr@aol.com)
- 18 35<sup>th</sup> VB Marathon, Half-Marathon, 7am, Virginia Beach, VA, 757 412-1056 or  
[info@shamrockmarathon.com](mailto:info@shamrockmarathon.com) or [www.shamrockmarathon.com](http://www.shamrockmarathon.com)
- 24 The National Marathon & Half-Marathon, 7am, RFK Stadium, Washington, DC,  
Keith Dowling, 202 857-5996 or [racedirector@nationalmarathon.com](mailto:racedirector@nationalmarathon.com)
- 25 5K Run, 10am, Reading, PA, Ron Horn, 610 779-2668 or [RHornPCS@aol.com](mailto:RHornPCS@aol.com)
- 25 MORE Marathon / Half-Marathon, Central Park, NYC, 212 860-4455 or  
[www.nyrrc.org](http://www.nyrrc.org)
- 25 9<sup>th</sup> Ocean Drive Marathon, 9am, Cape May, NJ, 609 523-0880 or  
[www.odmarathon.org](http://www.odmarathon.org) or [odmracedirector@comcast.net](mailto:odmracedirector@comcast.net)
- 25 Atlanta Marathon / Half-Marathon, 7am, Atlanta, GA, 678 620-3317 or  
[www.inggeorgianmarathon.com](http://www.inggeorgianmarathon.com)
- 31 23<sup>rd</sup> Cook Forest Half-Marathon & 5K, 11am, Clarion, PA, 814 393-2081 or  
[jresch@clarion.edu](mailto:jresch@clarion.edu)
- 31 3<sup>rd</sup> Bishop O'Reilly 5K, 9:30am, Kingston, PA, 570 288-1404 or [Ldecas@aol.com](mailto:Ldecas@aol.com)
- APRIL, 2007**
- 1 INDIAN ROCK 10K (on rail trail) – YRRC Winter Series #8 (final), 2pm, Award  
Presentations, Tom and Rosa Schaffstall, 717 755-6806 or [tschaffstall@aol.com](mailto:tschaffstall@aol.com)
- 1 35<sup>th</sup> Cherry Blossom 10 Miler, Washington, DC, [www.cherryblossom.org](http://www.cherryblossom.org)
- ? York JCC 5K Freedom Run, CANCELLED
- 16 111<sup>th</sup> Boston Marathon, 10am, 508 435-6905 or [jkoch@po-box.esu.edu](mailto:jkoch@po-box.esu.edu)
- 21 19<sup>TH</sup> LADY WHITE ROSE 5K, 9:00am, YWCA of York, PA, contact Tara Neff,  
717 845-2631 or [Tneff@ywcaofyork.org](mailto:Tneff@ywcaofyork.org)
- 28 YWCA Race Against Racism 5K and Fun Run (8:30am), 9am, York YWCA, PA,  
717 845-2631 or [lbentz@ywcaofyork.org](mailto:lbentz@ywcaofyork.org)
- 28 Country Music Marathon and Half-Marathon, Nashville, TN,  
[cmm@eliteracing.com](mailto:cmm@eliteracing.com) or [www.cmarathon.com](http://www.cmarathon.com) or 1 800 311-1255
- 28 Josh Mottin Memorial 5K, 1pm, John Rudy County Park, York, PA, Connie Wolfe,  
717 757-1562 or [jlmom8288@comcast.net](mailto:jlmom8288@comcast.net)
- 28 10<sup>th</sup> Newark Marathon / Half-Marathon Trail Races, 7:30am, Newark, DE,  
302 453-0859 or [johnmack@udel.edu](mailto:johnmack@udel.edu) or [www.traildawgs.org](http://www.traildawgs.org)
- 29 Lehigh Valley Half Marathon, 8am, Allentown, PA,  
[www.lehighvalleyhalfmarathon.com](http://www.lehighvalleyhalfmarathon.com)
- 29 11<sup>th</sup> New Jersey Marathon and 3 Person Relay, Half-Marathon, 7:30am, Long Branch,  
New Jersey, 732 578-1771 or [racedirector@njmarathon.org](mailto:racedirector@njmarathon.org)
- 29 22<sup>nd</sup> Big Sur Marathon, 6:45am, Big Sur Village to Carmel, CA,  
831 625-6226 or [info@bsim.org](mailto:info@bsim.org) or [www.bsim.org](http://www.bsim.org)

**MAY, 2007**

- 6 33<sup>rd</sup> Cherry Blossom (Tim Thomas Memorial) 5 Miler, 10am, Kirby Park, Wilkes-Barre, PA, Vince Wojnar, 570 474-5363 or [wyovalstr@aol.com](mailto:wyovalstr@aol.com)
- 6 2<sup>nd</sup> Run For The Red Marathon, 8am, Stroudsburg, PA, 570 476-3800 or [bwerts@co.monroe.pa.us](mailto:bwerts@co.monroe.pa.us) or [www.poconomarathon.org](http://www.poconomarathon.org)
- 6 5<sup>th</sup> Frederick Marathon / Half-Marathon, 7:30am, Frederick, MD, 887 876-8882 or [info@frederickmarathon.org](mailto:info@frederickmarathon.org) or [www.frederickmarathon.org](http://www.frederickmarathon.org)
- 12 10K Run, 9am, Paoli, PA, Vanguard School, 610 296-6700 x180 or [www.vanguardschool-pa.org](http://www.vanguardschool-pa.org)
- 13 16<sup>th</sup> Spring Trail 5.3 Miler, 1pm, Frances Slocum State Park, Kingston Twp., PA, Vince Wojnar, 570 474-5363 or [wyovalstr@aol.com](mailto:wyovalstr@aol.com)
- 20 Philadelphia Bar Association 5K Charity Run, 8:30am, Philadelphia, PA, 215 567-2010 or [mpokotilow@crep.com](mailto:mpokotilow@crep.com)
- 20 4<sup>th</sup> Delaware Marathon & 4-Person Relay, 7am, Wilmington, DE, 302 654-6400 or [wayne@races2run.com](mailto:wayne@races2run.com)
- 20 30<sup>th</sup> Cleveland Marathon / Half-Marathon / 10K, 7am, 800 467-3826 or [clevelandmarathon@earthlink.net](mailto:clevelandmarathon@earthlink.net) or [www.clevelandmarathon.com](http://www.clevelandmarathon.com)
- 20 Buffalo Marathon, 7:30am, Buffalo, NY, 716 694-5154 or [www.buffalomarathon.com](http://www.buffalomarathon.com)
- 26 20<sup>th</sup> Memorial 5K Run, 9am, Lebanon V.A. Medical Center, 717 228-6188 or [www.va5k.com](http://www.va5k.com)
- 27 6<sup>th</sup> Buffalo Marathon / Half-Marathon, 7:30am, 716 694-5154 or [www.buffalomarathon.com](http://www.buffalomarathon.com)
- 28 5 Miler, 9am, Forty Fort, PA,

#### JUNE, 2007

- 2 33<sup>rd</sup> God's Country Marathon, 8am, Galeton, PA, [www.godscountrymarathon.com](http://www.godscountrymarathon.com)
- 2 11<sup>th</sup> Dollars For Scholars 5K, 9 am, Northeastern High School, Manchester, PA, Wendy Griffith, 717 266-3250 or [griffithw@nesd.k12.pa.us](mailto:griffithw@nesd.k12.pa.us)
- 2 16<sup>th</sup> Run for Sight 5K, 9 am, Naylor's Vineyard, Stewartstown, PA, Don Scarborough, 717 993-6942
- 2 Memorial Hospital Auxiliary Ladies' 5K, 9 am, York, PA, Krista Darr, 717 428-3336 or [kdarrl@comcast.net](mailto:kdarrl@comcast.net)
- 3 Rock'n'Roll Marathon, San Diego, CA, [www.rnrmarathon.com](http://www.rnrmarathon.com)
- 16 Double Creek Tour & Runs (Half-Marathon, 7am / 5K, 9:30am), Dover, PA, Brett Pflieger, [bpfleiger@welspan.org](mailto:bpfleiger@welspan.org) or [www.doublecreek.org](http://www.doublecreek.org)
- 23 2<sup>nd</sup> Mooresburg Bicentennial 10K, 9 am, Mooresburg, PA, 570 784-6699

#### JULY, 2007

- 15 32<sup>nd</sup> Sue Crowe Memorial / Arts Festival Races: 10K / 5K, State College, PA,
- 22 29<sup>th</sup> Bon-Ton 5 Miler, 7:30 am (7:35 fun run), York Galleria, York, PA, Jan Workinger, 717 840 1802 or [Jan.Workinger@hillmangroup.com](mailto:Jan.Workinger@hillmangroup.com)
- 22 Tim Fancher Memorial 5K, 9am, Greenwood Park, Great Bend, PA, 570 663-2030

#### AUGUST, 2007

- 5 24th Market Street Mile, 6 pm, YMCA of York, Karen Ruppert, 717 843-7884 or 292-5622 or [kruppert@yorkcountyyymca.org](mailto:kruppert@yorkcountyyymca.org)
- 18 Tornato Festival 5K, Pittstown, PA,
- 25 9<sup>th</sup> York 10 Miler, 8am, York, PA, Chris Young, 717 495-4019, or [cyoung1991@hotmail.com](mailto:cyoung1991@hotmail.com)

#### SEPTEMBER, 2007

- 1 6<sup>th</sup> Dandelion 10K / 5K Trail Runs, 9am, Camp Mount Luther, Mifflinburg, PA, 570 837-1222 or [wkwarren@ptd.net](mailto:wkwarren@ptd.net)

2 Rock'n'Roll Half-Marathon by SunTrust, Virginia Beach, VA, [www.rnrhalf.com](http://www.rnrhalf.com)  
or 1 800 311-1255

9 3<sup>rd</sup> Great Scranton YMCA 10 Miler, Dunmore, PA,

28<sup>th</sup> Southern Branch YMCA Sprint Triathlon, 8am, Shrewsbury, PA,

Rich Shinnick, 717 235-0446 x31 or [rshinnick@comcast.net](mailto:rshinnick@comcast.net)

29 Springettsbury 5K "Saturday in the Park", 10:30am, York, PA, for information  
contact David Wendel, Director of Parks & Recreation, Springettsbury Twp.,  
[dwendel@Springettsbury.com](mailto:dwendel@Springettsbury.com)

#### OCTOBER, 2007

6 3<sup>rd</sup> Chelsey Mountain Morris Memorial 5K, Adams Ricci-Park, Enola, PA,

6 3.4 Miler, Eagles Mere, PA,

7 30<sup>th</sup> Anniversary LaSalle Bank Chicago Marathon, [www.chicagomarathon.com](http://www.chicagomarathon.com)

14 12<sup>th</sup> Steamtown Marathon, 8am, Forest City to Scranton, PA, 570 963-6363 or  
[www.steamtownmarathon.com](http://www.steamtownmarathon.com)

14 Rock'n'Roll Half-Marathon by San Jose, [www.RnRSJ.com](http://www.RnRSJ.com)

21 23<sup>rd</sup> Partners in the Park 5K, 2pm, Rocky Ridge County Park, York, PA,  
Hal Darr, 717 741-3693

16 Jefferson Hospital Philadelphia Distance Run, Philadelphia, PA,  
[www.runphilly.com](http://www.runphilly.com)

20 Tussey mOUntaiNBACK 50 Mile Relay and Ultramarathon, State College, PA,  
814 238-5918 or [www.tusseymountainback.com](http://www.tusseymountainback.com)

28 20<sup>th</sup> Fall Trail 5.5 Miler, 1pm, Frances Slocum State Park, Kingston Twp., PA,  
Vince Wojnar, 570 474-5363 or [wyoalstr@aol.com](mailto:wyoalstr@aol.com)

#### NOVEMBER, 2007

10 31<sup>st</sup> York White Rose 5 Miler, 8:30am, York, PA, Clay Shaw, 717 764-1181 or  
[sports35\\_photography@yahoo.com](mailto:sports35_photography@yahoo.com)

22 YMCA Turkey Trot 5K, 9am, York, PA, York and York County YMCA, Karen  
Ruppert, 717 843-7884 x269 or 292-5622 or [kruppert@yorkcountyyymca.org](mailto:kruppert@yorkcountyyymca.org)

22 98<sup>th</sup> "Run For The Diamonds" 9 Miler, 10:30am, Berwick, PA, 570 759-1300

25 Arthritis 5K, 10:15am, Greater Scranton YMCA, Dunmore, PA,

**DETACH & MAIL MEMBERSHIP APPLICATION FORM *(Please Print)***

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Birthdate \_\_\_\_\_ Phone \_\_\_\_\_ Age \_\_\_\_\_

FAMILY MEMBERSHIP DATA (NAMES OF OTHER RUNNING MEMBERS) \_\_\_\_\_

Referred to YRRC By: \_\_\_\_\_

CHECK ALL THAT APPLY		
	<u>1 YEAR</u>	<u>2 YEAR</u>
<input type="checkbox"/> Individual	\$10.00	\$16.00
<input type="checkbox"/> Family	\$12.00	\$20.00
<input type="checkbox"/> Student	\$6.00	\$10.00
<input type="checkbox"/> I'M A HIGH SCHOOL SENIOR (FREE!)		
Make Check Payable to: York Road Runners		

Please pay by check or money order made payable to: The York Road Runners Club

**York Road Runners Club  
P.O. Box 2841  
York, Pa 17405**

Check an area where you could help out:

- |   |  |
|---|--|
| <input type="checkbox"/> Clinic Speaker         | <input type="checkbox"/> Sponsorship             |
| <input type="checkbox"/> Art Work               | <input type="checkbox"/> Registration, Race Help |
| <input type="checkbox"/> Photography            | <input type="checkbox"/> Course Marshall         |
| <input type="checkbox"/> Writing for Newsletter | <input type="checkbox"/> Finish Line Helper      |
| <input type="checkbox"/> Committee Work         | <input type="checkbox"/> Trash Pick-Up           |



JOIN OVER 400 MEMBERS!  
 COME RUN AND MEET NEW PEOPLE  
 PROMOTING GOOD HEALTH & FITNESS  
 FOR RUNNERS OF ALL ABILITIES  
 CATERING TO MEN, WOMEN & CHILDREN  
 MEMBERSHIP OPEN TO ALL  
 INDIVIDUALS AND FAMILIES WELCOME  
 HIGH SCHOOL SENIORS RECEIVE  
 1 YEAR FREE MEMBERSHIP



# RICKE BROS

Auto Sales



## 2006/2007 York Road Runners Winter Series

RICKE BROS., INC.  
4449 Lincoln Highway, York  
(717)755-6199  
[www.rickebrosauto@aol.com](mailto:www.rickebrosauto@aol.com)

MARTIN FOOT AND ANKLE  
York, Shiloh, Hanover, Shrewsbury, Lancaster  
(717)757-3537  
[www.martinfootandankle.com](http://www.martinfootandankle.com)

Series Coordinator(s): Margaret Moore (717)843-4202 /[winterseries@verizon.net](mailto:winterseries@verizon.net)  
Gretchen Walter (717)542-5994 /[runninggoddess1@yahoo.com](mailto:runninggoddess1@yahoo.com)  
York Road Runners Club's Web Page: [//www.yorkroadrunners.com](http://www.yorkroadrunners.com)

- Sponsored by Martin Foot and Ankle Center and Ricke Bros. Auto Sales
- Consists of 8 races
- Participants assigned a race number at their first race and are responsible to **Bring and Wear** that same number to all races attended.
- Awards based on a point system received at each race. Awards given at the end of the series for most points received in specified age bracket.
- One mile fun runs at each event. Same awards system
- **AWARDS: "NEW" 5 year age brackets up to age 70**
- Commemorative gift for participants who complete or help with 5 or more races

<u>Date</u>	<u>Time</u>	<u>Race</u>	<u>Director(s)</u>	<u>Phone</u>
1. Sunday 12/10/06	1 pm	Dover 10 Miler	Paul Makurath	717-652-8633 (h) 717-783-4253 (w)
2. Sunday 01/07/07	2 pm	Spring Valley 5k	Tom Shepp Pete Klotz	717-792-3214 (h) 717-845-2856 (h)
3. Saturday 01/20/07	12 noon	Dallastown WildCat 10k	Robert Breighner	717-244-6865 (h)
4. Saturday 02/03/07	9 am	Accomac 8k	Dave Weitzel	717-252-4544 (h)
5. Saturday 02/17/07	9 am	Saginaw 5k	Jack Goodwin	717-600-2282 (h)
6. Saturday 03/03/07	9 am	Jacobus 5 Miler	Joe Myers	717-252-1183 (h)
7. Saturday 03/17/07	9 am	Springettsbury 15k	Jan Workinger	717-755-1856 (h)
8. Sunday 04/01/07	2pm	Indian Rock 10k	Tom & Rosa Shafstall	717-755-6806 (h)

All Winter Series Races will be held in moderately bad weather, which includes rain, snow, ice & cold temperatures. In case of severe blizzard or dangerous levels of ice, the race could be postponed for a week or canceled. If you are unsure, please check for a posting on [www.yorkroadrunners.com](http://www.yorkroadrunners.com) or contact the race director or coordinator. All postponed races 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 11/18/06: **\$20.00 one time fee (for all 8 races)**

**Bonus:** Free pair of running gloves (sponsored by Ricke Bros) for early registration (8 races)

After 11/18/06: **\$28.00 one time fee**

Same day registration: **\$7.00 per race**

Fun runs for the eight races: **\$10.00 one time fee**

Same day fun run **\$2.00 per race**

**NOTE:** No family will be charged more than a combined fee of \$50.00

TOTAL Cash or Check: \$ \_\_\_\_\_

In consideration of this entry being accepted to each and all of the above races, I hereby fore myself, heirs, executors and administrators waive and release any claims that I may have against the 2006/2007 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: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: M/F Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ (on 12/01/06) Runner's Signature: \_\_\_\_\_

Parent or guardian must sign if under 18. \_\_\_\_\_

**Mail applications and payments to: YRRC-Winter Series**

c/o Lynn Vanhouwe (run.fast1@comcast.net.)

1200 Midland Avenue York, PA 17403

CUT HERE

**More Details and a Printable race application will be posted on YRRC web page [www.yorkroadrunners.com](http://www.yorkroadrunners.com)**

**Directions to Races from York, PA**

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

**Spring Valley:** I-83 south to exit 8 (Glen Rock); left (east) on Rt. 216 travel less than ¼ 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 Queen Street (Rt 74) South exit. Go approximately 4 or 5 miles to Dallas town. Go to the first traffic light (Turkey Hill on right) and turn right on Walnut Street. Stay straight on Walnut St. about ¾ mile. This road brings you in behind the school and to the stadium. Bear to the left at stadium (Between stadium and school:) to 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 Staraview Rd; at stop sign, left onto N. Sherman St. (Rt 24); at T intersection go right on Cordorus Furnace Rd; left on Saginaw Rd; once in Saginaw, bear right on Market St.; turn left onto Community United Methodist Church. (Only a block from 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. Park behind Christ United Methodist Church.

**Springettsbury:** Rt 30 east to Mt Zion Rd. exit; left at light, go under Rt 30; make right on Whiteford Rd, Springettsbury Park is on left (LOOK FOR SIGNS FOR THE RACE LOCATION:)

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

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

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

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**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](http://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](mailto: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.

<b>Dues:</b>	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!

