



### KEEPING TRACK

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## YRRC NEWSLETTER # 196 APRIL - MAY 2008 PRESIDENT'S MESSAGE by Jan Workinger

How many of you have taken a banana from a volunteer out on the race course? I admit I never did, I consider them messy and sticky, and they leave the road littered with the skin - and they're slippery. I ran the Myrtle Beach Marathon recently and guess what - they were handing out bananas at mile 18. Once again I passed them over for my Power Gel. When I got home I started thinking about bananas again when I saw a bunch on the kitchen counter. I usually eat bananas after a run, but I couldn't help to think about them at the marathon. So, I decided to do some research on bananas. Below is what I discovered....I think you'll be very surprised with the report - you might even reach-out and grab one on at your next race!

#### Definition of Banana

Ba`na`na Pronunciation: bā`nā`nā; 277

n. 1. (Bot.) A perennial herbaceous plant of almost treelike size (Musa sapientum); also, its edible fruit. See Musa.

Never, put your bananas in the refrigerator!!!

This is interesting. After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression:** According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at a Twickenham (Middlesex) school in the UK were helped through their exams last year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around so maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

**PS:** Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes? Take the **INSIDE** of the banana skin, and rub directly on the shoe...polish with dry cloth. Amazing fruit!

Ok...enough about bananas.

### **The 2007-2008 YRRC Winter Series:**

The YRRC Winter Series has 8 awesome races scheduled for you to test your fitness, and your ability to move your body in the cold! It's not too late to sign up and run the remaining races!

The 8 Races in the York Road Runners Club Winter Series are:

- Dec. 9, 2007 = **DOVER 10 MILER** – YRRC Winter Series #1,  
1 pm, Dover, PA, Paul Makurath, 717 652-8633 (h)
- Jan. 6, 2008 = **SPRING VALLEY 5K** – YRRC Winter Series #2,  
2 pm, Spring Valley County Park near Glen Rock, PA,  
Tom Shepp, 717 792-3214 or Pete Klotz, 717 845-2856
- Jan. 19, 2008 = **DALLASTOWN WILDCAT 10K**–YRRC Winter Series #3,  
12 noon, Dallastown, PA, Robert Breighner, 717 244-6865 (h)
- Feb. 2, 2008 = **ACCOMAC 8K** – YRRC Winter Series #4, 9am, Wrightsville,  
PA, Dave Weitzel, 717 252-4544 (h)
- Feb. 16, 2008 = **SAGINAW 5K** - YRRC Winter Series #5, 9am, Saginaw, PA,  
Jack Goodwin, 717 600-2282 (h)
- March 1, 2008 = **JACOBUS 5 MILER** – YRRC Winter Series #6, 9am,  
Jacobus, PA, Joe Myers, 717 252-1183 (h)
- March 15, 2008 = **SPRINGGETTSBURY 15K** – YRRC Winter Series #7, 9am,  
York, PA, Jan Workinger, 717 755-1856 (h), [jan.workinger@hillmangroup.com](mailto:jan.workinger@hillmangroup.com)
- March 30, 2008 = **INDIAN ROCK 10K** – YRRC Winter Series #8 (final) –  
**Award Presentations**, 12 noon (new time), Tom and Rosa Schaffstall,  
717 755-6806 or [tschaffstall@aol.com](mailto:tschaffstall@aol.com)

A race application is included with the Newsletter....fill it out today and get registered! Or, down-load one from the club's web site located at:  
[www.yorkroadrunners.com](http://www.yorkroadrunners.com)

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Dave Tushingam, VP-Merchandise, recently added 7 new fantastic items of running gear to the YRRC Merchandise arsenal. Julie Bear has them on the web site for viewing. Please give Dave a call at 717-637-7706, or email at: [ddtushingam@embarqmail.com](mailto:ddtushingam@embarqmail.com) to place your order(s)!

The 7 new items are:

YRRC Hoodies (navy/black/maroon): \$25.00  
New long sleeve running shirts YRRC embroidered (steel/black/navy):  
\$25.00  
Stainless steel travel mugs: \$5.50  
Running knit caps: \$7.00  
Skull Caps: \$10.00  
Compression Shirts (white/black/royal): \$25.00  
Running Gloves: \$5.00/pair

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Brett Pfeifer reported in an earlier newsletter the YRRC purchased RaceTrak Software. We tested the RaceTrak in the 2007 Winter Series and at the 2007 **Double Creek Tour and Run**. We're using it now to tally the 2008 Winter Series results, and its working great. Based on the outcome and positive results, the YRRC is moving forward to go "live" using RaceTrak for race timing. However, we still "need" more trained volunteers to operate RaceTrak. Brett is planning to conduct training classes in the near future; we want a minimum of 10 trained volunteers. Please contact Brett at [brettpfeifer@yahoo.com](mailto:brettpfeifer@yahoo.com) or call home: 717-292-7878. The YRRC is still working out the cost of these services to Race Directors.

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Some important dates to mark in your calendar for 2008 are:

The YRRC picnic date is **August 3rd** 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 19th** 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 I will be held on **June 9th** at Eyster's Machine Shop Pavilion (Rail Trail) at 5:45p.m....between MP 12 and MP 11 in New Freedom.

The Country Run II will be held on **July 21st** at the York Water Company Employee Center on Hess Farm Road at 5:45p.m. Trails are open if interested, the roads are a concern because of increasing traffic and no shoulders on which to run. Also, don't forget to bring swimsuits for swimming in the pool afterward!

Please bring a covered dish to share for both Country Runs. The club will provide hot dogs and beverages.

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The YRRC Executive meetings are always open to our club 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. We start our meetings promptly at 6:30pm and finish at 9:00pm. Below are the remaining YRRC meeting dates for 2008:

April 7th, June 2nd, August 4th, Oct. 6th, and Dec. 1st. We start our meetings promptly at 6:30pm and finish at 8:30pm.

**Note:** The April 7<sup>th</sup> meeting is at 7:30PM, immediately following the Bob Potts Marathon planning meeting:

The Wellspan Center  
915 Indian Rock Dam Road (corner of Indian Rock Dam Road and Richland Avenue)  
York, PA 17403

Run safely....and remember your reflective wear and flash light when running on the dark roads!

Best Regards,  
Jan Workinger

\*\*\*\*\***CLUB NEWS**\*\*\*\*\***CLUB NEWS**\*\*\*\*\***CLUB NEWS**\*\*\*\*\*

**Adopt – A – Highway Trash Pick-up:**

A big thank you to **Eric and Jackie Sandblade** for helping Jack Goodwin with the Adopt – A – Highway Trash Pick-up on January 19, 2008!!!!

Please note that the next Pick-up will be on April 12, 2008 @ 8:00am.

**Please welcome the following new members:**

Brian Karsnitz, John and Sue Schmidt, Jessica Leathery, Patty Saikia, Sarah Thomas, Brian Friedland, Kathrine Bakke-Friedland, Daniel Friedland, Erik Friedland, Sadee Friedland, Ryan Myers, Jennifer Zeiders, Bob Zeiders, Marion "Mickey" Krauss.

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**YRRC EXECUTIVE MEETING  
February 11, 2008**

Minutes from the last meeting were approved as written

Newsletter - There are a few items that need to be changed and/or edited. Jan will call Wendy to go over the changes.

Elections - Only 1 ballot was returned, therefore elections are closed, votes are in and stand as is with the officers as listed on the ballot

Renewal Cards - How are we getting these out to current members?? Denise and Bob are handling this - idea to come with the newsletter, have them available at winter series races with membership forms. Bon Ton - folding and stapling newsletters. Denise should email Amy what our current membership is.

Tax Regs - Need to look into this for next year. Kathy Butler is checking into this and will report the details back to the group and help with what we need to do.

YRRC Scholarship - Dave T. is looking into this; want to provide a minimum of \$500 for a boy and \$500 for a female runner. Like to start in 2009. Want to emphasize the student/athlete. Dave T. is on the scholarship board and he will address at their meeting and bring information back to the Road Runners.

Merchandise - Dave T. is currently doing 2 jobs and this is one of them. We need to appoint someone to do this so Dave can focus on the treasurer position. A suggestion was made to look into adding more "feminine" types of colors

Training classes for the Race Trek - a few people are trained in this. Add to the newsletter that need equipment - lap tops and printers. For April's meeting have in writing what we need to purchase and quotes of pricing and make a decision about what to purchase. Currently using in the Winter Series - Brett reports that it seems to be working well and more smoothly each time. Of the 4 clocks, only one cable worked, had to purchase cables .. Receipt submitted to Dave for reimbursement.

EMT -- we need to send a check to the EMT -- check with the Dave W. and make sure that a check was sent for 2 hours of time. Margaret and Gretchen offered to create a sheet to have EMT's sign in - will help with tracking hours and pay.

Membership application -- Ream printing quote: 1000 copies, 4 color, \$629; 5000 copies, 4 color, \$840; Table and talk about at the next meeting. Quote is secured with Ream.

Sponsorships - Approved for Dallastown and Suburban relays

Prediction run -- June 9<sup>th</sup>. This is a race where you right down the time you this you will run a race. You leave your prediction at the race table and run the race. The runner closest to their predicted time wins a prize. Country Run on June 9<sup>th</sup> will be a prediction run.

Reservations - Reservations need to be made for the picnic, the Poker Run and the Country Run.

Panther Invitational -- Road Runners have agreed to help with this again. The date is set for September 15<sup>th</sup> with the raindate set for September 22<sup>nd</sup>.

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### **Winter Series Update**

To date the Winter Series, once again, has certainly been successful. With the exception of icy conditions at Accomac, the weather has cooperated well. At the time of this writing there are three more races to go, and we have had 435 runners registered – great participation on those chilly winter mornings. Thank you to all of you who carpoled to Accomac and accommodated the limited parking. As always, thank you to the race directors and volunteers who have done an outstanding job with the races.

This is our first year in using the RaceTrak computerized scoring system. Our computer guru, Brett Pflieger and our dedicated score keeper, Lynn Van Houwe, have been busy working out the kinks. Overall the system has worked well. However, as with any computerized system, it is only as good as the human factor allows it to be. We have had a few glitches with the finishing times when bib numbers were not recorded accurately at the finish line. Please help us be more accurate by always bringing your bib to the race (do not make a facsimile – we will provide you with one if you forget) and please stay in your finishing order in the chute. Since we do not use tear off numbers, each number must be manually recorded. The race results are listed in the York Daily Record on Tuesday and also on the Road Runners website. If you notice an error, please bring it to Lynn's attention as soon as possible.



As Winter Series Coordinators we place a high value on the safety of the runners. For this reason, race directors are faced with making decisions about weather conditions on race day. Volunteers are on the course to help manage traffic wherever possible. However, the races are held on roads open to traffic. Therefore, it is vital that runners remain alert to oncoming traffic, especially when road conditions may not be ideal. There has been much discussion lately on the use of ipods and various headphones. Although we do not have a policy in place at this time, our position is to discourage the use of these devices. Please be safe and be considerate of the runners and motorists around you. Most of all, please continue to enjoy the Winter Series!

Gretchen and Margaret  
Winter Series Coordinators

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### LOST-BUT-FOUND COLUMN FOR 2007

by Tom Schaffstall

Here we are once again! Another year has gone by since I wrote a column like this. FYI - For those of you that are new to the club, this column was started in the early 90's to report funny or unusual items found along the roads or wherever. We've had some pretty unusual finds in the past from cell phones, to bowling balls, to XXX videos. However, for some time now, there has been a kind of competition between families as to how much money is found in the year. Anyway, check out a few of the previous year's newsletters for what the competition was like and also for some other very unusual items other than currency. Contact this columnist if you would like to report anything or join in on the fun. That's [tschaffstall@aol.com](mailto:tschaffstall@aol.com)

Fortunately, the consistent "competition" has continued for a 6th year in a row with 3 competitive running families. We still have Jane and Bill Nelson, Lynn and Dan VanHouwe, and Rosa and Tom Schaffstall in the running. The Doug Moyer family came up with an amount this year. They missed last year but have reported in the past. We welcome anyone else out there that would be willing to respond. It's hard to believe some of the reports received as to how much money is found out and about. The Nelsons' have found large amounts over the years. It's unbelievable how much they consistently have found all together. You'll see their count is a bit down from previous years. The VanHouwes' did a great job! They nearly doubled their findings. The Schaffstalls' did likewise but you'll soon see the total amounts found for the year are vastly far apart. You'll see, if you can remember from the previous years, a divergence from the usual first and last places . . .

Now on to the annual report of the \$ found by those reporting this year. Since 4 families have reported, there will be 4 places to announce. With no suspense or waiting to find out the winner, the results will be straightforward.

In 1<sup>st</sup> place this year, for a change, are the VanHouwes'. They found a whopping total of \$46.86. That is great, Lynn and Dan! Dogging it a bit the last few years, they've now done much better in 2007. It surely must have been the big finds of \$10.80 in March and \$10.61 in October to help their total along. That \$.77 amount in September didn't help them any. Needless to say that it was just a few years ago they have found larger amounts like \$63.93, \$60.74, and \$51.79. Great increase this year! Not sure what they did this year with their loot but in the past Lynn treated her family with a big meal of shrimp. When you see Lynn or Dan, ask them what they actually did with their money. Keep it up, you two!

In 2<sup>nd</sup> place this year were the Nelsons'. I'll say "for a change" here too since they have been consistently in 1<sup>st</sup> place over the years. Their total was \$20.58. In the past, most of us could not compete with them for they have found large amounts like their personal best of \$102.48, \$84.74, and \$70.22. Of course their numbers go up fast when they found big bills like \$5 and \$20 bills. I thought it was cool when they reported finding unusual things like a 2 cent coin dated 1865 valued at about \$10 or gold jewelry and the like. Finally, Jane did report that most of their money was found in January and February when they both were out and about more. This was before Bill's stroke. Jane has done some walking since then. Your amount is still not that shabby and 2<sup>nd</sup> place is darn good! Let it be said that we all are concerned about Bill's, and Jane's, situation. Our thoughts and prayers are with you and yours.

In 3<sup>rd</sup> place, for a change ("Hee, hee, hee!"), are the Schaffstalls'. Our total find was \$8.54. This is nearly double the amount for us from the previous year's total of \$4.85. We did find a couple of \$1 bills to help us get over the top. It was a far cry from our PR of \$23.39 back in 2005. The year before we found \$10.21, the year before that was \$12.76 (which happened to be our previous record), the year before that was \$9.78, before that was a measly \$1.42, and before that was \$2.52. Again, finding bills back in 2005 really helps out – especially \$20 bills. I can say for sure that we're off to a good start for 2007 and it's only February. On the floor at the check out counter at Lowe's was a folded \$5 bill. In the pocket it went pretty fast with only a quick look over my shoulder to see if anyone was around. A little here and a little there really pays off. For the 18 years we've been doing this, our grand total is now \$166.52. It's not quite enough for me to fully retire on like I did school teaching so I'll continue with my handyman type work that I call TOM'S EXPRESS YARD WORK AND PAINTING SERVICES. Anyway, happy, healthy, and profitable running to all!

For the unfortunate Moyer family – they are in 4<sup>th</sup> and last place this year. There was another year they were in 4<sup>th</sup> place but never in LAST place before. Sorry for you loss you guys! Anyway, they found only \$4.91 + or – some. Doug reports that their final total count was messed up somewhat at the end of the year by someone. Doug was happy to find an unopened roll of electrical tape that would save him a few cents at Lowe's. Nevertheless, good job! Maybe next year they can regain their standing in the competition by coming up with larger amounts like their PR of \$23.59 in 2005 or their previous PR of \$10.68. Find more of those \$10 bills! And finally, we don't have to worry about getting an audit done because of the larger amounts of money they find.

Doug is no longer the YRRC treasure. We want to thank him for the many years of time and dedication to the Club. THANKS, DOUG!

Anyone wanting to join the fun should call Tom at 755-6806, his cell at 887-9987 or email him at [tschaffstall@aol.com](mailto:tschaffstall@aol.com) That goes for any kind of work that you need him to do that is along the lines of his retirement business.

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The "Lady White Rose" 5K run will be held on Saturday, April 19th. This is the 20th year for this race. A registration form is included in the newsletter for further information.

Also, on Sunday, June 29th the YWCA will be holding its 4th Annual Ladies' Sprint Triathlon which will be held at the Grumbacher Sports and Fitness Center. The registration form for that is included as well.

Anyone with questions about these events can contact Tara Neff  
ph: 717-845-2631 ext 23, or fax: 717-846-9181,  
email: [tneff@ywcaofyork.org](mailto:tneff@ywcaofyork.org), and as always volunteers are needed for both events.

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**RACE CALENDAR – MARCH 15, 2008 to DECEMBER, 2008**

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

**MARCH 15 . . .**

- 15 **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)
- 15 **Shamrock 8K**, 8am, Virginia Beach, VA, [www.shamrockMarathon.com](http://www.shamrockMarathon.com)
- 15 **Diane Kelly Memorial 5K**, 10am, Warren, PA, Chris Dolan, 814 726-0110 or  
[chris@warrenymca.org](mailto:chris@warrenymca.org)
- 15 **Run4Luck 4 Miler**, 9:30am, Lancaster, PA, [www.run4luck.com](http://www.run4luck.com) ,  
Amy Hartz, [ahartz7@comcast.net](mailto:ahartz7@comcast.net)
- 15 **St. Patty's Scramble 7.4 Miler** (Trimax Spring Trail Run Series #1), 9am, Blue Marsh  
Lake – Leesport, PA, [www.TrimaxEnduranceSports.com](http://www.TrimaxEnduranceSports.com)
- 15 **Brian Kelly Memorial / St. Pat's 5K**, 11:30am, Scranton, PA,
- 15 **5K**, 2pm, Elizabethtown, PA, Chuck, 717 367-4445
- 15 **9<sup>th</sup> Race for a Reason 5K**, 3pm, Salisbury Elks Lodge, Salisbury, MD, contact  
[race@macinc.org](mailto:race@macinc.org) or [www.macinc.org](http://www.macinc.org)
- 16 **Frozen Foot Winter Series #3**, 2pm, M & M room of Elizabethtown College, 1 Alpha  
Drive, Elizabethtown, PA, [racedirector@appliedracemgmt.com](mailto:racedirector@appliedracemgmt.com)
- 16 **Shamrock Half Marathon**, 7am, Virginia Beach, VA, [www.shamrockMarathon.com](http://www.shamrockMarathon.com)

- 16 Shamrock Marathon, 8am, Virginia Beach, VA, [www.shamrockMarathon.com](http://www.shamrockMarathon.com)
- 16 4 Mile Predicted Time Run, 9am, F & M Manufacturing Company, Tech Court, Westminster, MD, D. Herlocker, 410 848-8332 or [dherlock@mcdaniel.edu](mailto:dherlock@mcdaniel.edu)  
RACE DAY ENTRY ONLY
- 16 Winter's End 4.5 Miler, 10am, Penn State Wilkes-Barre Campus, Lehman, PA, Vince Wojnar, 570 474-5363 or [wyovalstr@aol.com](mailto:wyovalstr@aol.com)
- 22 14<sup>th</sup> Mt Penn Mudfest 15K Trail Run, 10am, Reading, PA, [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
Ron Horn, 610 779-2668 or [rhornpcs@aol.com](mailto:rhornpcs@aol.com)
- 22 Lt. J. C. Stone 50K UltraMarathon, 7am, North Park Boat House, North Allegheny county, PA, [www.Lt.JCStone50K.com](http://www.Lt.JCStone50K.com)
- 22 Sauder Egg Run 5 Miler, 9am, Lititz Spring Park, Lititz, PA, 717 626-5069 x226
- 29 24<sup>th</sup> Cook Forest Half-Marathon and 5K, Cook Forest State Park, PA, 814 393-2081 or [jresch@clarion.edu](mailto:jresch@clarion.edu) or [www.cookforest.com/marathon/](http://www.cookforest.com/marathon/)
- 29 McDaniel College 5K Track Run, 9am, Bair Stadium, McDaniel College, Westminister, MD, Skip Fennell, 410 848-8991 or [ffennell@mcdaniel.edu](mailto:ffennell@mcdaniel.edu)  
RACE DAY ENTRY ONLY
- 29 Wirefly National Marathon and Half-Marathon, Washington, DC, contact at [www.NationalMarathon.com](http://www.NationalMarathon.com)
- 29 4<sup>th</sup> Coventry Challenge 5K, 9am, Coventry Christian School, Pottstown, PA, Paul Fisher, 610 326-3320 or [paulfisher@educationforlife.com](mailto:paulfisher@educationforlife.com)
- 30 **INDIAN ROCK 10K (on the rail trail) – YRRC Winter Series #8 (final race / awards presentations)**, 12 noon (new time), York, PA, Tom / Rosa Schaffstall, 717 755-6806 (home), 717 887-9987 (cell), or [tschaffstall@aol.com](mailto:tschaffstall@aol.com)
- 30 10<sup>th</sup> Ocean Drive Marathon and 10 Miler, Cape May County, NJ, 609 523-0880 or [odmaracedirector@comcast.net](mailto:odmaracedirector@comcast.net)

#### **APRIL, 2008**

- 5 Race for the Stars 5K, 9am, Century High School, Eldersburg, MD, Mark Sobota, 410 833-0346 or [msobota@verizon.net](mailto:msobota@verizon.net)
- 5 Kutztown Fool's Runs 10 Miler / 5K, 9am, Kutztown, PA, Don Sechler  
<http://kutztownfoolrun.com> or [kutztownoptimist@hotmail.com](mailto:kutztownoptimist@hotmail.com)
- 5 7<sup>th</sup> Pottstown YMCA "Spring Forward" 5K, 10am, Pottstown, PA, Joel Allen, 610 369-9569, [jallen40315@comcast.net](mailto:jallen40315@comcast.net), [www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 5 White Rose Track Meet, Central York High School, To help call Kim Craven, 717 764-6231 or [kcraven@NAWCC.org](mailto:kcraven@NAWCC.org)
- 6 36<sup>th</sup> Running of the Cherry Blossom 10 Miler, 8am, Washington, DC, entries closed, [www.cherryblossom.org](http://www.cherryblossom.org)
- 6 Media Mud Run 5 Miler (Trimax Spring Trail Run Series #2), 9am, Ridley Creek State Park – Media, PA, [www.TrimaxEnduranceSports.com](http://www.TrimaxEnduranceSports.com)
- 6 15<sup>th</sup> RACC 5K, 10am, Reading, PA, Ron Horn, 610 779-2668, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com) for an application or to register
- 6 5<sup>th</sup> Women's More Marathon, Central Park, NYC, [www.more.com/marathon](http://www.more.com/marathon)
- 12 1<sup>st</sup> St. Margaret Mary 5K, 8:30am, Harrisburg, PA, St. Margaret Mary School, 2826 Herr Street, Harrisburg, PA, [www.school.stmmparish.org](http://www.school.stmmparish.org)
- 12 King's College 5K, 10am, Kirby Park, Wilkes-Barre, PA, Dr. Vyas, 570 208-5900

- 16 Main Street Mile, 7pm, Westminster, MD, Beth Weisenborn, [wrrc.web@gmail.com](mailto:wrrc.web@gmail.com) or 717 677-6883 or enter on-line <http://www.carr.org/~wrrc>, 700 runner limit
- 19 **20<sup>th</sup> LADY WHITE ROSE 5K**, 9am, YWCA of York, PA, Tara Neff, 717 845-2631 or [tneff@ywcaofyork.org](mailto:tneff@ywcaofyork.org)
- 19 5<sup>th</sup> Alpha Diabetes 5K, 10am, Kirby Park, Wilkes-Barre, PA, 570 408-4274
- 19 New Holland Farmer's 5K, 8:30am, New Holland, PA, Brent Watkins, 717 351-0403, [coachwatkins2003@hotmail.com](mailto:coachwatkins2003@hotmail.com) or [www.active.com](http://www.active.com)
- 19 22<sup>nd</sup> Nittany Lion Franks 5 Miler, 10am, Harrisburg, PA, East Shore YMCA, 701 N. Front Street, 717 232-9622 or [corey.smith@ymcaharrisburg.org](mailto:corey.smith@ymcaharrisburg.org)
- 20 Race, Run, Ride, & Ramble Cumberland Valley Rail-Trail 15K, 1pm, Newville, PA, Shippensburg Township Park, [www.cvrvc.org/race](http://www.cvrvc.org/race), Garret Stahlman, 717 300-1337
- 20 Vahalla Health and Fitness Club 5K, 10am, Exeter Twp., Reading, PA, Ron Horn, 610 779-2668, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com) for an application
- 20 Revolutionary 5 Miler, 8:30am, Valley Forge Battle Field, Valley Forge, PA, app is on [www.RevolutionaryRun.org](http://www.RevolutionaryRun.org), contact Martha Mayo, 610 834-7970
- 20 Kinesiology 5K, University Park, PA,
- 20 4<sup>th</sup> Pace for Pam & Pals 4.3 Miler, 9am, Creekview Park, Hampden Township, Mechanicsburg, PA, 717 737-6362 or [www.momentumfit.com/events.asp](http://www.momentumfit.com/events.asp)
- 26 **YORK YWCA RACE AGAINST RACISM 5K**, 9AM, YWCA of York, PA, 717 845-2631 or [lbentz@ywcaofyork.org](mailto:lbentz@ywcaofyork.org)
- 26 **JOSH MOTTIN MEMORIAL 5K**, 1pm, John Rudy County Park, York, PA, Connie Wolfe, 717 757-1562, [jlmom8288@comcast.net](mailto:jlmom8288@comcast.net), <http://int.cysd.k12.pa.us/mottin>
- 26 Perkiomen Valley Striders for a Cure 5K, 9am, The Perkiomen Trail, Spring Mount, PA, [www.pvstrides.com](http://www.pvstrides.com) or [info@pvstrides.com](mailto:info@pvstrides.com) or [www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 26 Mac's Mixed Nuts -- Relay for Life Team 5K, 10am, Paramount Sports Complex, Annville, PA, 717 273-1760, 763-4729, , [macsmixednuts@verizon.net](mailto:macsmixednuts@verizon.net)
- 26 Collegeville 5K for Arthritis Foundation, 8:30am, Ursinus College, Collegeville, PA, [www.collegeville5kforarthritis.kintera.org](http://www.collegeville5kforarthritis.kintera.org)
- 27 Spring Challenge at the Creek 6.5 Miler (Trimax Spring Trail Run Series #3), 9am, French Creek State Park, Elverson, PA, [www.TrimaxEnduranceSports.com](http://www.TrimaxEnduranceSports.com)
- 27 Lehigh Valley Half-Marathon / 5K, Allen High School, Allentown, PA,

### **MAY, 2008**

- 3 **Greater York Center for Dance Education 5K**, 8:30am, Rocky Ridge County Park, York, PA, Margie Mitzel, 717 755-MOVE or [msmitzel@aol.com](mailto:msmitzel@aol.com)
- 3 Sandymount 4 Miler, 8am, Sandymount Elem. School, Old Westminster Pike, Westminster, MD, Joe Loveland, 410 857-1201 or [joeloveland1@hotmail.com](mailto:joeloveland1@hotmail.com) RACE DAY ENTRY ONLY
- 3 York Suburban Relays, all day, York Suburban High School, York PA, high school track and field event
- 3 Brethren Home Community 5K, 8:30am, Cross Keys, PA, Vanessa Berger, 717 624-5208 or [v.berger@corsskeysvillage.org](mailto:v.berger@corsskeysvillage.org)
- 4 34<sup>th</sup> Cherry Blossom 5 Miler (Tim Thomas Memorial), 10am, Wilkes-Barre, PA, Vince Wojnar, 570 474-5363 or [wyoalstr@aol.com](mailto:wyoalstr@aol.com)
- 4 Marathon, 8am, Tobyhanna, PA, Bob Werts 570 992-4113
- 4 29<sup>th</sup> Broad Street 10 Miler, Phila., PA, 215 683-3594, [www.broadstreetrun.com](http://www.broadstreetrun.com)

- 4 New Jersey Marathon & Relay / Half, 7:30am, Long Branch, NJ, Art Castellano, 732 578-1771, [racedirector@njmarathon.org](mailto:racedirector@njmarathon.org)
- 4 Run for the Red Marathon and 5K, Pocono Mountains near Stroudsburg, PA, [www.poconomarathon.org](http://www.poconomarathon.org)
- 10 American Cancer Society 5K, York, PA, York Traditions Bank on St. Charles Way, York Twp., Erin Hickey, 717 846-2461, [www.acs5k.com](http://www.acs5k.com)
- 10 Miles for Moms 5K, 8am, Lancaster, PA, near Lancaster Catholic High School, 717 396-9130
- 11 17<sup>th</sup> Spring Tail 5.3 Miler, 1pm, Frances Slocum State Park, Kingston Twp., PA, Vince Wojnar, 570 474-5363 or [wyoalstr@aol.com](mailto:wyoalstr@aol.com)
- 17 TRES 5K, Twin Ridge Elementary School, Mt. Airy, MD, Tracy Flower, 240 236-2300 or [Tracy.Flower@fcps.org](mailto:Tracy.Flower@fcps.org)
- 17 4<sup>th</sup> Havre de Grace Music Boosters 5K, 8:30am, Havre de Grace, MD, at the H. de G. High School, [jquimby0312@comcast.net](mailto:jquimby0312@comcast.net), 410 939-0312, 410 459-2260
- 18 5<sup>th</sup> Christiana Health Care System Delaware Marathon Running Festival, Wilmington, DE, 302 654-6400 or [www.races2run.com/marathon](http://www.races2run.com/marathon)
- 18 4<sup>th</sup> Clarabeth's 5K for Ovarian Cancer Awareness, 10am, Dallastown, PA, Stephanie Veiss, [Stephanie.Veiss@dallastown.net](mailto:Stephanie.Veiss@dallastown.net) or 717 873-3959
- 18 Delaware Marathon, 4 Person Relay, 10 Miler, 7am, Wilmington, DE, Wayne Kursh, 302 654-6400, [www.races2run.com/marathon](http://www.races2run.com/marathon)
- 18 Millersville Mile, 6pm, Millersville, PA, Judy Anttonen, 717 872-8810 or [www.millersvillemile.homestead.com](http://www.millersvillemile.homestead.com)
- 18 Pinchot Park Triathlon / Duathlon, 7:30am, Alpine Rd., Lewisberry, PA, 717 991-9102 or [chad.krebs@ymcaharrisburg.org](mailto:chad.krebs@ymcaharrisburg.org) or [www.active.com](http://www.active.com)
- 24 21<sup>st</sup> Memorial 5K, 9am, Lebanon VA Medical Center Campus, Lebanon, PA, 717 228-6188, [david.strasz@med.va.gov](mailto:david.strasz@med.va.gov) , [www.va5k.com](http://www.va5k.com)
- 25 Pagoda Pacers' "Charlie Horse" Half Marathon Trail Run, 10am, Reading, PA, Greg Deland, 610 796-2156 or [runtwentysix2@cs.com](mailto:runtwentysix2@cs.com) , [www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 25 Dahoga Dash 5K, 9am, Wilcox, PA, 814 965-5482 or [randylindberg@hotmail.com](mailto:randylindberg@hotmail.com)
- 29 Twilight Series #1, 7pm, Falcon 2 Mile Track Run, Winters Mill High School, Westminster, MD, David Herlocker, 410 848-8332 or [dherlock@mcdaniel.edu](mailto:dherlock@mcdaniel.edu) RACE DAY ENTRY ONLY
- 31 NESD Dollars For Scholars 5K, 9am, Northeastern High School, Manchester, PA, Wendy Griffith, 717 266-9190 or [griffithw@nesd.k12.pa.us](mailto:griffithw@nesd.k12.pa.us)
- 31 4<sup>th</sup> Pleasantville Covered Bridge Festival 6K, 8am, Oley, PA, Ron Horn, 610 779-2668, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com) for application

### JUNE, 2008

- 7 16<sup>th</sup> Run for Sight 5K, 9am, Naylor's Vineyard, Stewartstown, PA, Don Scarborough, 717 993-6942 (h) or 717 993-6846 (w)
- 7 Wissahickon Trail Classic 10K, 10am, Wissahickon Park, Philadelphia, PA, 215 951-0330 x2101 or [www.wissahickontrailclassic.org](http://www.wissahickontrailclassic.org)
- 12 Twilight Series #2, 7pm, Run With the Knights 5K, Century High School, Eldersburg, MD, Bob Paczynski, 410 549-1123 or [vintage66pony@aol.com](mailto:vintage66pony@aol.com) NOTE: RACE DAY ENTRY ONLY
- 14 Double Creek Runs (Half-Marathon, 7am / 5K, 9:30am), Dover, PA,

Brett Pfeifer, [bpfeiger@welspan.net](mailto:bpfeiger@welspan.net) or [www.doublecreek.org](http://www.doublecreek.org)

Note: 1<sup>st</sup> in the York Hospital Running Series

- 14 **Double Creek Bike Tours (30 / 62 miles)**, 7:30am, Dover, PA,  
Brett Pfeifer, [bpfeiger@welspan.net](mailto:bpfeiger@welspan.net) or [www.doublecreek.org](http://www.doublecreek.org)
- 21 **2<sup>nd</sup> Damon S. Young Memorial 10K/5K**, 9am, Tunkhannock, PA, Randy White,  
570 836-7914
- 22 **11<sup>th</sup> Double Trouble 15K / 30K Trail Runs**, 10am, French Creek State Park, Reading,  
PA, Ron Horn, 610 779-2668, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 26 **Twilight Series #3**, 7pm, Camp Hashawa 3 Mile Trail Run, Camp Hashawa, John  
Owings Road, Westminster, MD, Gary Honeman, 410 84802118 or  
[ghoneman@ccysb.org](mailto:ghoneman@ccysb.org) NOTE: RACE DAY ENTRY ONLY
- 28 **Habitat for Humanity 5K**, 8:30am, Dover, PA, Shanna Wiest, 717 880-1230 or  
[shanna@rayac.com](mailto:shanna@rayac.com) Note: 2<sup>nd</sup> in the York Hospital Running Series
- 29 **York YWCA Lady Spring Triathlon**, 8am, YWCA of York, PA,  
Tara Neff, 717 845-2631 or [Tneff@ywcaofyork.org](mailto:Tneff@ywcaofyork.org)

### JULY, 2008

- 5 **World Gym's Firecracker 5 Miler**, Shillington, PA
- 10 **Twilight Series #4**, 7pm, FSK 6K, Francis Scott Key High School, Uniontown,  
MD, Tom Russell, 410 751-1434 NOTE: RACE DAY ENTRY ONLY
- 12 **Spirit of Gettysburg 5K**, 8am, Gettysburg, PA, YWCA of Gettysburg,  
717 334-9171 or [www.ywcagettsburg.org](http://www.ywcagettsburg.org)
- 13 **Woman's Distance Festival 5K**, 8:15am, Union Mills Homestead, Union Mills, MD,  
Liuda Galinaitis, 410 857-5427 or [Liuda@carr.org](mailto:Liuda@carr.org)
- 19 **Shoe-Fly 5**, 8am, Terre Hill, PA, Brent Watkins, 717 351-0403, or  
[coachwatkins2003@hotmail.com](mailto:coachwatkins2003@hotmail.com) or [www.active.com](http://www.active.com)
- 19 **East Berlin Summerfest 5K**, 8am, East Berlin, PA, 717 259-8848 (am) or  
Ken Young, 717 259-0434 (pm), or [www.YHRunningSeries.com](http://www.YHRunningSeries.com)  
Note: 3<sup>rd</sup> in the York Hospital Running Series
- 20 **Gold Medal Camp Alumni 5K**, 3pm, California University of PA, California, PA,  
724 464-2222
- 24 **Twilight Series #5**, 7pm, Pleasant Valley 4 Miler, Pleasant Valley Fire Hall,  
Pleasant Valley, MD, Liuda Galinaitis, 410 857-5427 or  
[Liuda@carr.org](mailto:Liuda@carr.org) NOTE: RACE DAY ENTRY ONLY
- 26 **Lebanon Area Fair 5K**, 9am, Lebanon, PA, Lebanon Valley Expo Center &  
Fairgrounds, George Youngs, 717 273-1760 or [youngs67@comcast.net](mailto:youngs67@comcast.net)
- 27 **1<sup>st</sup> South Wilkes-Barre 10K**, report to Kirby Park, Wilkes-Barre, PA, Vince  
Wojnar, 570 474-5363 or [wyoalstr@aol.com](mailto:wyoalstr@aol.com)

### AUGUST, 2008

- 3 **30<sup>th</sup> Bon-Ton 5 Miler**, 7:50am (Fun Run, 7:25am), York Galleria, York, PA,  
Jan Workinger, 717 755-1856 (h), or [jan.workinger@hillmangroup.com](mailto:jan.workinger@hillmangroup.com)  
Note: 4<sup>th</sup> in the York Hospital Running Series
- TBA **25<sup>th</sup> Market Street Mile**, 6pm, YMCA of York, York, PA, Karen Ruppert,  
717 843-7884 or 292- 5622 or [kruppert@yorkcountymca.org](mailto:kruppert@yorkcountymca.org)
- 7 **Twilight Series #6**, 7pm, Runnymede 8K, Runnymede Elementary School,

- Westminster, MD, David Herlocker, 410 848-8332 or [dherlock@mcddaniel.edu](mailto:dherlock@mcddaniel.edu) RACE DAY ENTRY ONLY
- 9 Ox Trot, 8am, Bowmansville, PA, Brent Watkins, 717 351-0403, or [coachwatkins2003@hotmail.com](mailto:coachwatkins2003@hotmail.com) or [www.active.com](http://www.active.com)
- 10 Harrisburg Triathlon / Duathlon, 7am, [www.active.com](http://www.active.com)
- 16 **9<sup>th</sup> Shelley Mialki Memorial 5K**, 8am, Sunset Lane Park, York, PA, Tom Shepp, 717 792-3214 or [westyorkdog@aol.com](mailto:westyorkdog@aol.com), Tim Potts, 717 792-9307  
Note: 5<sup>th</sup> in the York Hospital Running Series
- 17 **13<sup>th</sup> "Half Wit Half" Marathon**, 9am, Reading, PA, Ron Horn, 610 779-2668, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com), Pretzel City Sports
- 17 Kowomu Trail 5K, 8am, Rinehart Road, Westminster, MD, David Herlocker, 410 848-8332 or [dherlock@mcddaniel.edu](mailto:dherlock@mcddaniel.edu) RACE DAY ENTRY ONLY
- 23 **10<sup>th</sup> York Rail Trail 10 Miler**, 8am, York, PA, Chris Young, 717 495-4019 or [cyoung1991@hotmail.com](mailto:cyoung1991@hotmail.com), Note: 6<sup>th</sup> in the York Hospital Running Series

#### SEPTEMBER, 2008

- 6 The Pet Supplies Plus Doggie Dash & Walk, Nolde Forest, Reading, PA, [www.makebreak.com](http://www.makebreak.com)
- 13 Trails for Tails 50 Miler, 7am, Hanover, PA, [www.spr.fwsl.com](http://www.spr.fwsl.com)
- 20 Septemberfest 5K, 9am, Spring Grove, PA, Kate Wertz, 717 225-9733 or [sgaccrec@hotmail.com](mailto:sgaccrec@hotmail.com)
- 27 **Springettsbury 5K – "SATURDAY IN THE PARK"**, 10:30am, York, PA, David Wendel, Twp. Pks. & Rec., [dwendel@Springettsbury.com](mailto:dwendel@Springettsbury.com), 717 505-0406
- 27 **9<sup>th</sup> Southern Branch YMCA Sprint Triathlon**, 8am, Shrewsbury, PA, R. Shinnick, 717 235-0446 x31 or [rshinnick@comcast.net](mailto:rshinnick@comcast.net) Note: NO RACE DAY ENTRY

#### OCTOBER, 2008

- 4 Hands on House Half Marathon / 5K, 9am, Landis Valley Farm Museum, Lancaster, PA, 717 391-9722
- 11 **9<sup>th</sup> Tussey Mountainback 50 Mile Relay and Ultra**, 7am, Rothrock State Forest, deadline 9-27-08, 814 238-5918 or [www.tusseymountainback.com](http://www.tusseymountainback.com)
- 11 **5<sup>th</sup> Dr. Segro Memorial 5K**, 9am, Red Lion, PA, RLASD Junior High, Katie Grenewalt, 717586-6396, [grenewaltk@rlasd.k12.pa.us](mailto:grenewaltk@rlasd.k12.pa.us)
- 12 **13<sup>th</sup> Steamtown Marathon**, 8am, 570 963-6363 or [www.steamtownmarathon.com](http://www.steamtownmarathon.com)
- 18 Covered Bridge Classic 5K / 10 Miler, 9:30am, Atglen, PA, 610 593-6538
- 25 Seaside 10 Miler / 5K, 9am, Inlet Lot, Ocean City, MD, [www.ococean.com](http://www.ococean.com)
- 25 Stoudt's Brewing Classic 12K, Adamstown, PA, Stoudt's Brewing Co/Restaurant, 717 330-9357
- 26 **24<sup>th</sup> Partners in the Park 5K**, 2pm, Rocky Ridge County Park, York, PA, Hal Darr, 717 741-3693
- 26 **21<sup>st</sup> Spring 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, 2008

- 8 **32<sup>nd</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) , Note: 7<sup>th</sup> (last) in York Hospital Running Series
- 18 Turkey Trot 5K, 1:30pm, Millersville, PA, Penn Manor High School, 717 872-4627
- 22 Carlisle Turkey Trot 5K/10K, 9am, Carlisle, PA, Peg Owen, 717 243-2525 or  
[Peglacko@wmconnect.com](mailto:Peglacko@wmconnect.com)
- 27 YMCA Turkey Trot 5K, 9am, York, PA, York and York County YMCA, Karen  
Ruppert, 717 843-7884 x263 or 292-5622 or [kruppert@yorkcoymca.org](mailto:kruppert@yorkcoymca.org)

**DECEMBER, 2008**

- ? Jingle Bell Run for Arthritis 5K, 10am, Harrisburg, PA, Kelly, 717 763-0900 or  
[harrisburgjbr.kintera.org](http://harrisburgjbr.kintera.org)
- ? Jingle Bell Run for Arthritis 5K, 1pm, Lancaster, PA, Granite Run Industrial Park,  
717 397-6721
- 31 Double Deuce 2 Miler, 11:45pm, Red Lion, PA, Ray Ricke, 717 755-6199 or  
Bob Breighner, 717 244-6865 or [rickebroauto@yahoo.com](mailto:rickebroauto@yahoo.com)



# THE BON-TON

## 30TH ANNUAL RUNNING 5 MILE RACE

August 3, 2008 • 7:50 A.M.

(1 Mile Fun-Run at 7:25 A.M.)

8 Galleria Mall • York, PA 17402

BENEFITTING

 **Olivia's House**

a grief and loss center for children

### THE COURSE

The race begins at the York Galleria Mall in East York, Pennsylvania. The course is a rolling hill out and back loop and finishes in front of The Bon Ton North Entrance lower level.

USATF certification No. PA\_04010\_WB

All miles are marked and splits will be provided at each mile. Water is available at the mid-point and end of the race. Post-race refreshments available immediately when you finish.

#### 1 Mile Fun Run (Starts at 7:25 a.m.):

Accurately measured, open to everyone. No age limits. An easy loop course around the York Galleria Mall. \$2 entry fee or \$7 with an official race T-shirt. Children 10 and under free (\$5 with shirt).

#### 5 Mile Race (Starts at 7:50 a.m.):

Entry fees are non-refundable. Make checks payable to York Road Runners Club by July 11, 2008: \$18 with T-shirt, \$13 without T-shirt. After July 11, 2008: \$23 with T-Shirt, \$18 without T-shirt.

Race packets available race day morning only from 6:00 a.m. to 7:15 a.m. at The Bon Ton North Entrance, Lower Level Parking Lot, York Galleria Mall.

Race day registrants are not guaranteed a T-shirt.

### AWARDS CEREMONY WILL TAKE PLACE AT 9:30 A.M.

#### 5 Mile Awards:

Awards to the top three finishers – Men and Women

#### Master's Awards:

Master's Awards given to the top two runners age 40 and over – Men and Women

#### Age Group Awards:

Age Group Awards given in the following groups excluding top 3 men and women:

**MEN & WOMEN:** 11 & Under (1), 12-15 (3), 16-19 (3), 20-24 (3), 25-29 (3), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-54 (3); 55-59 (3), 60-64 (3), 65-69 (2), 70-79 (2), 80+ (1)

#### Random Awards:

A random awards drawing will be conducted after the race (approximately 9:00 a.m.). Runners must be present and must have their race number to claim random awards.

Our big random drawing is a four-pack of tickets to Busch Gardens, VA, OR to Water Country in Williamsburg, VA. Must be 21 or older to win. Runners must be present and must have their race number to claim the door prize. No prize substitution.

### RESULTS

Complete results will be posted on York Road Runners Club website [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

### PARKING

Free parking is available at the York Galleria Mall.

### REFRESHMENTS

Post-race refreshments will be provided by Giant, Turkey Hill, Big Apple Bagel, Culligan Water, Utz, Stauffer Biscuit and Michelob Ultra.

#### Race Director:

Jan Workinger  
717-755-1856

[janworkinger@yahoo.com](mailto:janworkinger@yahoo.com)



CO-SPONSORS:



Please thank our sponsors for their generosity. We ask that you patronize their businesses whenever possible. Without their support, the Bon-Ton 5 Mile Race could not continue.



### ENTRY FORM FOR 2008 BON-TON RACE/FUN-RUN

Mail this form and make checks payable to: York Road Runners Club, 3744 Long Point Drive, York, PA 17402

In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive and release any claims, including death, against the Bon-Ton Stores, its officers, sponsors, The York Galleria, Brewery Products, The York Road Runners, York Hospital, and Springettsbury Township. I realize that running a race in hot and humid conditions could prove hazardous to my health. I certify that I am physically fit for this event. The Race Director reserves the right to reject any entry.

Signature \_\_\_\_\_ Date \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex M/F \_\_\_\_\_

Telephone \_\_\_\_\_ Birth Date \_\_\_\_\_

### REGISTRATION INFO

Check the following:

1 Mile Fun-Run \$ \_\_\_\_\_

5 Mile Race \$ \_\_\_\_\_

Circle Shirt Size: Hi-Tech (Dri-Fit)

S M L XL None

Official Use Only

Number	Class

eliminating racism  
empowering women  
**ywca**



**“Y-TRI”**

**4<sup>th</sup> Annual YWCA Triathlon**

**York Daily Record**  
YORK SUNDAY NEWS  
THE YORK DISPATCH

Sunday, June 29, 2008 @ 8:00 a.m.  
Grumbacher Sports & Fitness Center, York College  
890 Grantley Road  
York, PA 17403

**500 Yard Pool Swim    15 Mile Bike Ride    5K Run**

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

**Early Packet Pickup:** Saturday 6/28/08 10:00 am – noon  
(at YWCA)

**Packet Pickup:** Sunday 6/29/08 6:30 am – 7:30 am

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

**Mandatory Athlete Meeting:** 7:45 am Race Morning

**AWARD CATEGORIES**

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

**Team:** Top 3 Relay Teams

**T-Shirts, Finisher Medal & Goodie Bag For All!**  
**Finishing Results Will Be Posted In York Daily Record**

**For Family Members & Male Colleagues...Come Support The Participants & Volunteer At The Event!**

For more information, please visit our website at [www.ywcaofyork.org](http://www.ywcaofyork.org)  
Email us at [Tneff@ywcaofyork.org](mailto:Tneff@ywcaofyork.org)  
Or, call us at the YWCA 717-845-2631 ext. 131

Register on-line at <http://www.active.com/triathlon> or mail in the bottom portion of this flyer to the YWCA. For teams, each team member must fill out a form. Thanks!

**Make Checks Payable To:** YWCA Of York  
**Mail Checks & Form To:** YWCA Of York, 320 East Market Street, York PA 17403

<b>Entry Fees:</b>	<b>Last Name:</b>	_____
Early Bird Registration by 5/31/08		
_____ \$45 per individual		
_____ \$100 per team		
<b>On Time Registration until 6/28/08</b>	<b>First Name:</b>	_____
_____ \$50 per individual		
_____ \$120 per team		
<b>Race Day Registration 6/29/08</b>	<b>Street Address:</b>	_____
_____ \$55 per individual		
_____ \$125 per team		



**Proceeds Go Towards The Mission Of The YWCA:**  
**Eliminating Racism & Empowering Women**



## Prizes

- Random drawings for runners & walkers

## Race & Walk Entries

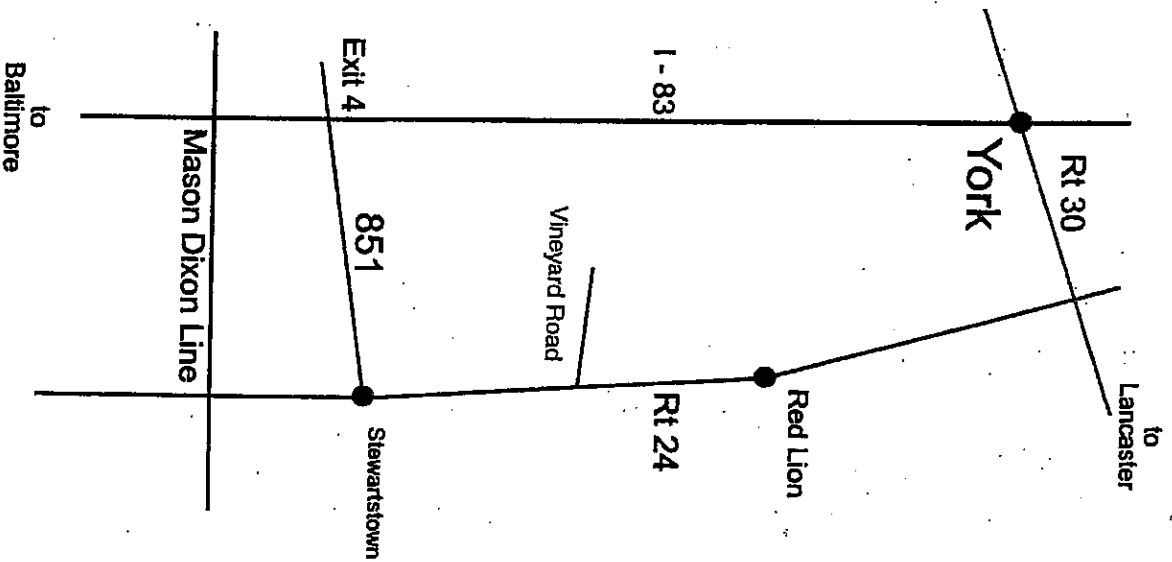
- Pre-entry (before 5/31/08) \$15.00 includes a specially designed T-shirt, \$12.00 without T-shirt
- Post entry (after 5/31/08) \$16.00 includes a specially designed T-shirt, \$13.00 without T-shirt
- Make checks payable to: Stewartstown Lions Club
- Mail entry forms and check to: Donald J. Scarborough  
P.O. Box 369  
Stewartstown, PA 17363
- Inquiries: 717-993-6846 (day)  
717-993-6942 (after 6:30 pm)  
ask for Don Scarborough

## Benefits

5K run & walk

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

## *How to Get There*



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



## What

5K Run  
5K Walk

## Location

Naylor Wine Cellars  
4069 Vineyard Rd.  
Stewartstown, PA 17363  
Phone (717) 993-2431

## Course

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

## General Information

Toilets available. Plenty of parking. Refreshments at end for runners & walkers. Water stations provided. Come run & walk to help others. Best race & walk bags and random prizes in the area.



## Race

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

## Walk

- 5K Walk registration (7:30 - 8:15 A.M.)
- 5K Walk starts promptly at 8:30 A.M.

## Race Awards

1st Male Over All  
1st Female Over All

### MALE AND FEMALE AGE GROUPS

( ) = number of awards

Youth (3) (3)	10-13, 14-18
Open (3) (3)	19-24, 25-29
Submasters (3) (3)	30-34, 35-39
Masters (3) (3)	40-44, 45-49
Vintage Masters (3)	50-59
Golden Masters (2)	60-69
(1)	70 & Over

## Walk Awards

Participation Medals

## Application

Event

5K Walk \_\_\_\_\_ 5K Run \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Shirt \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_

Shirt Size (circle size) S M L XL

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Age on 6/7/2008 - Runners Only \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State and Zip Code \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Phone Number \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature (if under 18)

Make checks payable to: Stewartstown Lions Club

Mail to: Donald J. Scarborough, PO Box 369

Stewartstown, PA 17363

Deadline for pre-race & walk registration: May 31, 2008

"Register Online at [www.Active.com](http://www.Active.com)"

Runners Only



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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**

Dave Tushingam 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 Dave at [ddtushingam@embarqmail.com](mailto:ddtushingam@embarqmail.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 Denise Tushingam 637-7706 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 Denise Tushingam 637-7706 to inform the club of any changes. We like to keep you informed!

