



## **KEEPING TRACK**

**President** Jan Workinger H:755-1856 Jan.Workinger@hillmangroup.com  
**VP-Membership** Denise Tushingam H:637-7706 ddtushingam@embarqmail.com  
**VP-Merchandise** Dave Tushingam H: 637-7706 ddtushingam@embarqmail.com  
**VP-Newsletter** Wendy Petsch H-633-1298 kerry6@comcast.net  
**VP-Race/Activities Development** Brett Pfeifer H: 292-7878  
brettpfeifer@yahoo.com  
**Treasurer** Dave Tushingam H:637-7760 ddtushingam@embarqmail.com  
**Secretary** Amy Strayer cell:717-855-0406 strayamy@ycs.k12.pa.us  
**Membership Data Coord:** Robert Weikert H:755-1286 yorkrunner@comcast.net  
**Race Calendar Coord.** Tom Schaffstall H:755-6806 Tschaffstall@aol.com  
**Web Master** Julie Bear H: 755-0419 rescuemal@aol.com

**Club Info Web Site: [yorkroadrunners.com](http://yorkroadrunners.com)**

## **YRRC NEWSLETTER # 199 OCT-NOV 2008 PRESIDENT'S MESSAGE by Jan Workinger**

### **Announcement:**

#### **Clay Shaw Race Director of the Year – 2007**

The Race Director of the year for 2008 Award goes to Karen Ruppert. Ms. Ruppert directs the YMCA Turkey Trot 5k and has done so for the past three years. In addition, she has directed the Market Street Mile. The award is for her hard work in making the Turkey Trot a favorite race on Thanksgiving morning each year. Conducting a race that includes downtown streets and the rail trail at its narrowest section during a holiday period is quite a challenge. When you see Karen please let her know how much you appreciate her efforts. Congratulations for a job well done!

#### **The York Hospital/Wellspan is the sponsor the 2008 York Hospital Running Series:**

Dave Dill, Director, Rehab Medicine-York Hospital is the coordinator. If you have any questions, please contact Dave Dill at [ddill@wellspan.org](mailto:ddill@wellspan.org). One race remains....The York White Rose 5-miler on November 8<sup>th</sup>. Participants must register for each race separately. Registrations for individual races may be obtained at the series website, [www.yhrunningseries.com](http://www.yhrunningseries.com). Or, you can pick-up race applications at Flying Feet or download a race application from the YRRC website [www.yorkroadrunners.com](http://www.yorkroadrunners.com). There is no separate registration to participate in the York Hospital Series. Participant's

successful completion of one or more of the races will serve as an entry into the series.

### **York Hospital Running Series:**

- Double Creek Half Marathon and 5k – June 14<sup>th</sup>
- York Habitat for Humanity's 5<sup>th</sup> Annual 5k Run/Walk – June 28<sup>th</sup>
- East Berlin 5k – July 19<sup>th</sup>
- The Bon-Ton 5 Miler and 1 Mile Run – August 3rd
- Shelly Miaki Memorial 5k – August 16<sup>th</sup>
- York Rail Trail 10 Miler – August 23rd
- **York White Rose – November 8th**

### **The 30<sup>th</sup> Annual Running of the Bon-Ton 5-Mile Race:**

I want to thank all the runners, volunteers and sponsors. The race was huge success; we had a "Great Race" and perfect weather on race day. 343 - runners participated in the 5-Mile Race and 1-Mile Fun Run. Following the race, the York Road Runners Club (YRRC), organizers for the Bon-Ton 5-Mile Race, presented a check for \$2,700 from the proceeds of the race to Olivia's House, a York organization that helps children and teenagers cope with the death of a loved one. Without everyone's support, this generous donation could not have been possible. We sincerely thank you!

Thanks for the race & run....after directing The Bon-Ton race for the last 6-years, this was my last as the Race Director. The rigors and grind of my day-job keep me very busy and my work travel schedule has put a tremendous strain on me to keep this race going. The YRRC is still looking for a new race director to take over. If you are interested, please contact me at email:

[jan.workinger@hillmangroup.com](mailto:jan.workinger@hillmangroup.com) or home phone: 755-1856. I want to thank all of you – sponsors, fans, critics, volunteers and of course the participants – for your time and commitment. Your passion is what makes this race, like our sport, so great. I'll see you on the roads and rail trail. Be sure to say hi.

## **Commentary:**

YRRC longtime member, Joe Brillhart, has stepped forward to offer an interesting perspective and commentary on everyday issues in the running community. Joe promises to keep us aware of our history, where we are now and where we're headed. Responses or concerns can be directed to Joe by e-mail: [joebrillhart@comcast.net](mailto:joebrillhart@comcast.net) or letter at P.O. Box 2002, York, PA 17405. Joe will provide a prompt reply. Look for Joe's commentary in future YRRC newsletter issues.

**The Country Run I** slated for June 9<sup>th</sup> was postponed due to excessive heat & humidity and will be rescheduled at a later date....most likely this Fall. I'll post more information in the next newsletter.

### **Update: Cancelled for 2008**

This is a lead-in to the **The Country Run II** that was held on July 21st at the York Water Company Employee Center on Hess Farm Road. I have to be true full here. The turn out was pathetic – only 5 people showed up! I can't imagine why - the weather was perfect, the trails were open, and the swimming pool water temp was pleasant and refreshing. In past years we had 40 to 50 people attend. The YRRC spent club money to provide food and beverages and no one was there to eat it. I'm concerned here folks – the Poker Run held on May 19<sup>th</sup> only had 13 people show up. I don't get it.....what's going on? Should we continue with these events? I suppose we'll have some decisions to make over the Fall months when the YRRC looks at 2009 events. If you have any input or comments, please get them to me. On a positive note – we did have a decent turn-out for the YRRC picnic on August 3<sup>rd</sup>. Attendance was lower then in the past but for those that attended – a good time was had by all.

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 6:00pm and finish at 8:00pm. Below are the remaining YRRC meeting dates for 2008:

Oct. 6th, and Dec. 1st.

**Note:** The October 6th meeting is at:  
The Wellspan Center  
915 Indian Rock Dam Road (corner of Indian Rock Dam Road and  
Richland Avenue)  
York, PA 17403

Run safely....

Best Regards,  
Jan Workinger



Karen Ruppert – Race Director of the Year 2008 w/ Jan Workinger

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

**Please welcome the following new members:**

Justin Weiss, Kathleen Brown, Zachary Brown, Scott Senft, Kathleen Richard, Matt Richard, Shannon Richard, and Amanda Richard

\*\*\*\*\*

**Adopt-a-Highway:**

Thanks to Kathy Miller and Jack Goodwin for their help with adopt a highway on July 11, 2008. Next pick-up will be Sat. Oct. 11, 2008 8: am.

\*\*\*\*\*

**Congratulations to the following runners:**

Jan Workinger ran the Abebe Bikila Day – International Peace 1/2 Marathon (13.1 miles) in Alexandria, VA on Sept 1, 2008, in a time of 1hr:43min, third in his age group and 47th overall out of 300+ runners. It was a tough course (on a 6-ft wide bike path) along the Potomac River, short but steep choppy hills, ran over wooden bridges - a little on the warm side too; 82 degrees - the race started at 9:00am. An Out and Back course to Mt. Vernon, some nice sites of the Potomac River and the mansions! Congratulations, Jan!

\*\*\*\*\*

**Deadlines** for next two newsletters are:

October 31  
December 29

## YRRC EXECUTIVE MEETING

August 4, 2008

6:00pm - Wellspan Center

\*\*\* Guest Joe Brillhart member at large stopped in to address some concerns of the club. Joe has agreed to try to send in interesting articles that could stir up some interest and more to come

\*\*\* Minutes from the last meeting --- approved

\*\*\* VP Membership Denise about 363 memberships where are they now?? In the next newsletter to find out some of the runners who have not responded

\*\*\* Data Coordinator Bob Bon Ton was short staffed two weeks ago due to some transitions and have been swamped, this was the reason of our lateness with the newsletters Side note get some things together and redo and refurbish Equipment has been moved to Bob's barn, we need to find a space to store and check in and out equipment and store -- East Berlin has offered a storage unit, check in and out the equipment, and they only ask to use the equipment for one race for nothing which is a \$30 rental fee

\*\*\* VP Merchandise Andy nothing new will let us know if can't make a race and we can take turns selling it at races

\*\*\* Newsletter --- nothing new

\*\*\* Brett got all the equipment for the races, is in the process of working out all the kinds, but was able to use it for Bon Ton worked well Chip timing; checked it out, cost us \$27,000 - \$30,000 just for the equipment and then about \$3 per chip

\*\*\* Treasurer's report --- Treasurer's report gone over, discussed interest on accounts and a possible way to get more interest earned on accounts, high interest bearing accounts

\*\*\* nothing from web master : get anything you want on the website to Julie

\*\*\* race calendar Tom Schaffstall has announced his retirement

## RACE CALENDAR – SEPTEMBER 20, 2008 to DECEMBER, 2008

Contact Tom and 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)

### SEPTEMBER 20 . . .

- 20 **8<sup>th</sup> Sutliff Hummer Capital City Adventure Challenge**, 8am, City Island, Harrisburg, PA, (teams of 3 run, mountain bike, and canoe), contact Chad at 717 991-9102 or [chad.krebs@ymcaharrisburg.org](mailto:chad.krebs@ymcaharrisburg.org), [www.active.com](http://www.active.com)
- 20 **Education First 5K Trail Challenge**, 9am, Heritage Rail Trail Downtown York, (Lafayette Plaza downtown), John Brenneman, cell # 717 659-7587 or home # 717 840-0254 or [johnbrenneman1@comcast.net](mailto:johnbrenneman1@comcast.net)
- 20 **31<sup>st</sup> Pretzel Twist 5 Miler**, 8:30am, Lititz Rec Center, Lititz, PA, Meg Abele, 717 626-5096 x236 or [meg@lititzrec.com](mailto:meg@lititzrec.com)
- 20 **James C. Burns III Memorial 5K**, 9am, Milford, PA, 609 915-6944
- 20 **Harvest Festival 5K**, 9:30am, Milton, PA, 570 742-4912
- 20 **Septemberfest 5K**, 9am, Spring Grove, PA, 717 225-9733 or [sgaccrec@hotmail.com](mailto:sgaccrec@hotmail.com)
- 20 **6<sup>th</sup> Heritage / ERA 5K**, 9am, Hillside Medical Center, Hanover, PA, 717 633-6261
- 20 **3<sup>rd</sup> FFN "Race for their Lives" 5K**, Pinchot Park, Lewisberry, PA, [FurryFriendNet@aol.com](mailto:FurryFriendNet@aol.com)
- 21 **16<sup>th</sup> Hook O'Malley 5K Road Race Against Cancer**, 10am, McDade Park, Scranton, PA, 570 346-1828
- 21 **ING Philadelphia Distance Run: The Classic Half-Marathon**, Philadelphia, PA, 800-311-1255 or [www.INGphiladelphiaadistancerun.com](http://www.INGphiladelphiaadistancerun.com)
- 21 **16<sup>th</sup> Hook O'Malley 5K Against Brest Cancer**, McDade Park, Scranton, PA, 570 346-1828
- 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
- 27 **Oktoberthon 5K**, 9am, Cassville, PA, Cassville Community Building, 814 448-3230
- 27 **Run For the Health of It 5K**, Actna Campus, Blue Bell, PA, 610 834-1040 or [margit@rsvpmc.org](mailto:margit@rsvpmc.org)
- 27 **For Jake's Sake 5K**, TBA, Gettysburg, PA,
- 27 **Iron Bridge 5K Trail Race**, 8:30am, Lancaster Mennonite High School, Lancaster, PA, [shankja@lancastermennonite.org](mailto:shankja@lancastermennonite.org)
- 27 **Paxton Fest 2 Miler**, 9am, Harrisburg, PA, 717 236-5508 or [jgill@paxtonmin.org](mailto:jgill@paxtonmin.org)
- 27 **Stroud Preserve 3.5 / 6.5 Race**, Creek Road, Westchester, PA, [info@runccrs.com](mailto:info@runccrs.com)
- 28 **Great Race 10K**, 9:30am, **5K** at 8:30am, Pittsburg, PA, [www.RunGreatRace.com](http://www.RunGreatRace.com) or 412 255-2493
- 28 **16<sup>th</sup> Conestoga Trail Run 10 Miler**, 10am, Pequea Creek campgrounds, Pequea, PA, Bill Smith, 717 394-7812 or [billsmithruns@comcast.net](mailto:billsmithruns@comcast.net)

## **OCTOBER, 2008**

- 4 Hands on House Half Marathon / 5K, 9am, Landis Valley Farm Museum,  
Lancaster, PA, 717 391-9722
- 4 2<sup>nd</sup> Run Free 5K, 9am, Hawley, PA, 845 252-7454
- 4 Hartz PT Fall Blast 5K, 9am, Lititz, PA, 717 625-2228
- 4 Lancaster Area Habitat for Humanity 5K Race for Home, 11am, Lancaster Country  
Day School, Lancaster, PA, 717 725-1135
- 5 24<sup>th</sup> Army 10 Miler, Washington, D. C., [www.armytenmiler.com](http://www.armytenmiler.com)
- 5 Lupus Loop 5K, 11am, Nay Aug Park, Scranton, PA, 1-888-92LUPUS
- 5 Delaware Distance Classic 15K, 8:30am, Wilmington, DE, 302 798-4179 or  
[www.pcvirc.com](http://www.pcvirc.com)
- 11 2<sup>nd</sup> Nun Run 5K, 9am, Newark, DE, Duke Doblick, 302 368-5886 or  
[devnewark@littlesistersorthepoor.org](mailto:devnewark@littlesistersorthepoor.org)
- 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 Under Armour Baltimore Marathon, Half Marathon, 4 Person Relay, and 5K,  
Baltimore, MD, [www.TheBaltimoreMarathon.com](http://www.TheBaltimoreMarathon.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)
- 11 The Inaugural Western Maryland Half Marathon, 8am, Western Maryland Rail  
Trail, Hancock, MD, to register on line go to,  
[http://www.active.com/event.detail.cfm?event\\_id=1570962](http://www.active.com/event.detail.cfm?event_id=1570962)
- 11 Serento Gardens 10K/5K, 9am, Hazelton, PA, 570 501-3688
- 11 Woman's Distance Festival 5K, 10am, Rose Tree State Park, Media, PA,  
610 891-0806 or [amy@amyink.com](mailto:amy@amyink.com)
- 11 Baltimore Marathon, see website [www.TheBaltimoreMarathon.com](http://www.TheBaltimoreMarathon.com)
- 12 Chicago Marathon
- 12 13<sup>th</sup> Steamtown Marathon, 8am, 570 963-6363 or [www.steamtownmarathon.com](http://www.steamtownmarathon.com)
- 12 5<sup>th</sup> Radnor Red Steeplechase 5K, 9am, Radnor Hunt, Malvern, PA,  
610 316-6541 or [www.radnorredsteeplechase.org](http://www.radnorredsteeplechase.org)
- 18 Covered Bridge Classic 5K / 10 Miler, 9:30am, Atglen, PA, 610 593-6538
- 18 The "Frosty Kerny" 10K, 9am, Hamburg Community Park, Hamburg, PA, Pat  
Adams, 610562-7909, [info.bluemountainwildlife.com](mailto:info.bluemountainwildlife.com)
- 18 King's Fall 5K, 10am, Kirby Park, Wilkes-Barre, PA, 570 208-5900
- 19 Hanover Hills of Horror Half Marathon, 9am, Hanover, PA, Codorus State Park,  
Jim Roller, 717 632-1433 or [www.spr.fwsl.com](http://www.spr.fwsl.com)
- 19 5<sup>th</sup> Dam Half 13 Mile Trail Run, R.B. Winter State Park, Mifflinburg, PA,  
[www.midpenntailblazers.com](http://www.midpenntailblazers.com)
- 19 Lupus Loop 5K, 11am, Kirby Park, Wilkes-Barre, PA, 570 558-2008
- 25 Seaside 10 Miler / 5K, 9am, Inlet Lot, Ocean City, MD, [www.ococean.com](http://www.ococean.com)
- 25 Stoudt's Brewing Classic 12K, 10am, Adamstown, PA, Stoudt's Brewing  
Co/Restaurant, 717 330-9357
- 25 YMCA Great Pumpkin 5K, 10:30am, Riverlands, Berwick, PA,  
570 759-1300 or [www.runfordiamonds.com](http://www.runfordiamonds.com)



## OCTOBER 2008 (CONT.)

- 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 [wyovalstr@aol.com](mailto:wyovalstr@aol.com)  
26 **Radnor 5 Miler**, 8:30am, 610 941-9595 or [www.lunginfo.org/radnorrun](http://www.lunginfo.org/radnorrun)  
26 **Marine Corps Marathon**, Arlington, VA, 703 432-1165, [www.marinemarathon.com](http://www.marinemarathon.com)

## NOVEMBER, 2008

- 2 **NYC Marathon**  
2 **25<sup>th</sup> Nittany Valley Half-Marathon**, 10am, University Park, PA,  
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  
9 **36<sup>th</sup> Harrisburg Marathon & 4 Person Relay**, 8:30am, Harrisburg, PA, City Island, Joanne Caulfield, [joannec7@msn.com](mailto:joannec7@msn.com)  
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)  
22 **50<sup>th</sup> CW Heller High School 5K**, 10:30am, Berwick, PA, 570 759-1426 or [www.runfordiamonds.com](http://www.runfordiamonds.com)  
23 **Philadelphia Marathon, Half-Marathon, and Rothman 8K**, Philadelphia, PA, 215 683-2060 or [www.philadelphiamarathon.com](http://www.philadelphiamarathon.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)  
27 **99<sup>th</sup> "Run for the Diamonds" 9 Miler**, 10:30am, Berwick, PA  
27 **Turkey Trot 5 Miler**, Memorial Hall in West Fairmont Park, Philadelphia, PA, [runadvte@rcn.com](mailto:runadvte@rcn.com)  
27 **Atlanta Marathon - 7:30, Half Marathon at 7am**, [www.atlantatrackclub.org](http://www.atlantatrackclub.org)  
29 **Habitat 5K**, Quakertown, PA, 267 374-1631  
29 **19<sup>th</sup> Northern Trail Marathon + 12<sup>th</sup> Two Person Relay**, Sparks Elementary School, Baltimore County, MD, 443 271-6524 or [info@brrc.com](mailto:info@brrc.com)

## DECEMBER, 2008

- 13 **Jingle Bell Run for Arthritis 5K**, 10am, Harrisburg, PA, Commerce Bank by TecPort, Kelly, 1-800-776-0746 or [kkulp@arthritis.org](mailto:kkulp@arthritis.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)



# Olivia's House

a grief and loss center for children

Dear Jan, Bob, Sue & Members of the York Roadrunners,

On behalf of *Olivia's House, A Grief and Loss Center for Children*, I would like to thank you for the generous donation of \$2,500.00 and two \$100.00 Giant gift cards from the 30<sup>th</sup> annual Bon-Ton 5 Mile Race! We appreciate your gift so much and will use it to support our children's programs!

We are blessed by the relationship with the York Roadrunners and our community, who so lovingly provide support to the many grieving children we serve.

Sincerely,



Leslie Delp, MA  
Executive Director

\* Olivia's House is a registered non-profit corporation #23-3100851. Please keep this record for tax purposes.

# **Bob Potts Heritage Rail Trail Marathon**

**York, PA - May 31, 2009**  
**Grumbacher Center @ York College and the  
Heritage Rail Trail**

A New Tradition in York, PA!



Bob Potts was one of the founding members of the York Road Runners Club. His accomplishments included over 30 marathons, including New York and Boston. Bob passed away over a year ago while participating in a triathlon.

Bob was well-respected in the running community, and we want his name to live on! Please help keep Bob's name alive, while supporting the Bob Potts Scholarship Fund and the Heritage Rail Trail. The scholarship will be awarded to a cross-country runner in York County.

**If you would like more information on this 2009 marathon in York,  
PA, email Sean Potts at  
[bobpottsmarathon@yahoo.com](mailto:bobpottsmarathon@yahoo.com)  
and visit our website at  
<http://www.bobpottsmarathon.com>**

---

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

---

---

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

---

**RENTAL OF CLUB EQUIPMENT**

Race Directors who have reserved the use of club equipment should follow these pick-up procedures:

**Chronomix, clock and timer.**

Call Flying Feet - 845-2833.

Mon., Tue., Thu., Fri. - 10:00 AM - 9:00 PM

Wed. 10:00 AM - 6:00 PM

Sat. 9:00 AM - 5:00 PM

Call at least 2 days in advance; *prompt return of equipment is appreciated.*

**Chute Equipment, mile markers, and boards.**

Equipment is now being stored at the York Water Company Distribution Center, and the contact person is Jack Goodwin. The address is 1801 Mount Rose Ave. Pick up and return must be done during regular business hours. Please call Jack at 718-2951 to make your arrangements.

**Prices:**

Use of club equipment: (Finish boards, mile markers, chute equipment, Chronomix, and/or clock.)	\$30/*\$40
Timer person:	\$45/*\$60
Race Application in Newsletter: (1 sheet, 2 sides)	\$25
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!

