



## **KEEPING TRACK**

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**Club Info Web Site: yorkroadrunners.com** 🖱

## **YRRC NEWSLETTER # 200 DEC 2008 – JAN 2009 PRESIDENT'S MESSAGE by Jan Workinger**

### **The 2008-2009 YRRC Winter Series update:**

Are you ready to lace up your racing flats and race some really nice road courses this winter? The YRRC Winter Series has 8 awesome races scheduled for you to test your fitness and your ability to move your body – and legs - in the cold!

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

- Sunday Nov. 23, 2008 = **DOVER 10 MILER** – YRRC Winter Series #1,  
1 pm, Dover, PA, Paul Makurath, 717 652-8633 (h),  
[p.makurath@yahoo.com](mailto:p.makurath@yahoo.com)
- Sunday Dec. 7, 2008 = **SPRING VALLEY 5K** – YRRC Winter Series #2,  
1 pm, Spring Valley County Park near Glen Rock, PA,  
Tom Shepp, 717 792-3214 (h), [Westyorkdog@aol.com](mailto:Westyorkdog@aol.com)
- Saturday Dec. 20, 2008 = **DALLASTOWN WILDCAT 10K** – YRRC Winter  
**Series #3**, 12 noon, Dallastown, PA, Robert Breighner, 717 244-6865 (h),  
[5breighners@comcast.net](mailto:5breighners@comcast.net)
- Saturday Jan. 3, 2009 = **ACCOMAC 8K** – YRRC Winter Series #4, 9am,  
Wrightsville, PA, Dave Weitzel, 717 252-4544 (h),  
[running2bfit@verizon.net](mailto:running2bfit@verizon.net)
- Saturday Jan. 17, 2009 = **SAGINAW 5K** - YRRC Winter Series #5, 9am,  
Saginaw, PA, Jack Goodwin, 717 600-2282 (h), [runjack@verizon.net](mailto:runjack@verizon.net)
- Saturday Feb. 7, 2009 = **JACOBUS 5 MILER** – YRRC Winter Series #6, 9am,  
Jacobus, PA, Joe Myers, 717 252-1183 (h)

Saturday Feb. 21, 2009 = **SPRINGETTSBURY 15K – YRRC Winter Series #7**,  
9am, York, PA, Jan Workinger, 717 755-1856 (h),  
[jan.workinger@hillmangroup.com](mailto:jan.workinger@hillmangroup.com)  
Saturday March 7, 2009 = **INDIAN ROCK 10K – YRRC Winter Series #8 (final)**  
– **Award Presentations**, 12 noon, Tom and Rosa Schaffstall, 717 755-  
6806 or [tschaffstall@aol.com](mailto:tschaffstall@aol.com)

The Series Coordinators:  
Margaret Moore, 717-843-4202 (h), [winterseries@verizon.net](mailto:winterseries@verizon.net)  
Gretchen Walter, 717-542-5994 (h), [runninggoddess1@yahoo.com](mailto:runninggoddess1@yahoo.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)

Please thank our sponsors:

Orthopaedic & Spine Specialists  
1855 Powder Mill Road, York, PA  
717-848-4800

and...

Ricke Brothers, Inc.,  
4449 Lincoln Highway, York, PA  
717-755-6199

#### **In other news:**

1.) Greg Baum needs some one to help him schedule timers for races. The job entails working with Greg to schedule timers to work the Chronomix and clock. This is a volunteer position. It can be done from your home, no travel involved. Greg will train you. If interested, please contact Greg Baum at 845-2833, or email at [gbaum@flyingfeet.com](mailto:gbaum@flyingfeet.com).

2.) The YRRC will increase chute equipment, mile markers & boards and timer effective 1/1/2009. New in 2009 will be a separate fee/charge for the use of the Chronomix and/or clock.

**New Prices:**

**In York County:**

Use of club equipment (finisher result boards, mile markers, cones, finish chute equipment): \$50.00

Timer Person: \$65.00

Fee for Chronomix and/or clock: \$ 45.00

**Out of York County:**

Use of club equipment (finisher result boards, mile markers, cones, finish chute equipment): \$60.00

Timer Person: \$85.00

Fee for Chronomix and/or clock: \$60.00

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 is the remaining YRRC meeting date for 2008:

December 1st.

**Note:** The December 1st meeting will be held at:

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!

Best Regards,  
Jan Workinger

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### **The Myth of the 20-Mile Long Run**

Most marathon training programs include increasing mileage, tempo runs, mile repeats and long runs that build up to 20-milers. When it comes to long runs that prepare runners for marathons, it seems that everyone talks about “getting in their 20-milers.” Often I hear something such as, “I’m not really ready as I only got in two 20-milers.” But with all of the variables in marathon training including total mileage base, marathon experience, track speed and mental strength is the inclusion of one or many 20-milers a necessity or a myth?

### **The Round Number Theory**

Runners love round numbers. How many times have you heard good marathoners talking about their 50-mile weeks and elite marathoners discussing their 100-mile training weeks? Just as common is the discussion of how many 20-milers were done in preparation for an upcoming marathon. Interestingly, in many foreign countries where runners use the metric system there is a similar conversation that is strikingly different. Since they don’t contest 26.2 miles, but rather 42.2 kilometers, many foreign marathoners get in long runs that are 30 kilometers – a nice round number. Is there any big difference in their 30k long runs being 1.4 miles less than a 20-miler? Probably not.

### **Percentage of Total Weekly Mileage**

When I first started running marathons after competing as a collegiate distance runner, the conventional wisdom was that a long run should not be more than 20-25% of one’s total weekly mileage. This meant it fit into a mileage buildup phase of 80 – 100 mile weeks. Today there are many programs that include 20-milers in 50-mile training weeks which are 40% of the total weekly mileage. While a runner can complete the 20-miler, it is often necessary to taper off and recover much like for a race. It’s difficult to keep training when the long run is so draining. Additionally, when it’s marathon race day many runners are drained from too many exhausting 20-mile training runs and don’t race well.

### **Length of Long Run Compared to Secondary Runs**

In many training plans the second longest run of the week is seven or eight miles. A 20-mile run is a major step up in distance. There are physical demands on our bodies and mental burdens on our minds. If there is a secondary moderately long run of 10 – 12 miles in the weekly plan it makes the 20-mile run less difficult as it is a smaller increase from the moderate length runs. Our bodies can much more readily accept the 20-mile distance and our brain doesn’t get as fatigued.

### **Dehydrating Effects of Summer Heat and Humidity**

One of the toughest things about preparing for a summer or fall marathon is trying to complete long runs as temperatures and humidity percentages soar. We can hydrate before our long runs and plan the route to get water, electrolytes and calories from water fountains at parks, neighborhood convenience stores or bottles we stashed ahead of time. But we still may have trouble replenishing what we lose in sweat.

### **Prior Marathon Experience**

If a runner has raced several marathons previously there is usually a confidence level with regard to completing the distance and how to run an appropriate pace. Experienced marathon runners may not feel the necessity to get in as many 20-milers or even one 20-miler since they know they can go the distance and how it feels. Conversely, novice marathon runners often feel that they must have some 20-milers under their belt to believe they can comfortably make it through a full marathon.

### **What Does This All Mean?**

First, there isn't anything magical physiologically about a 20-mile run versus a 30k run. We just can't get enough of round numbers. Second, if our weekly mileage is 50 miles or less, we may want to cap long runs at 16 or 18 miles to avoid draining ourselves and having a negative effect on the remainder of our training plan. Third, we also may want a similar cap on long runs if our secondary runs are less than 10 miles. Lastly, we should consider doing long runs of less than 20 miles in the summer heat to decrease chances of severe dehydration.

Or we can build a stronger training plan over a period of months and years. If we build up our mileage to at least 60 or 70 miles a week, add secondary runs of 10 – 12 miles and train during the fall and winter for cool weather marathons, then the 20-mile run can comfortably become a staple of our marathon preparation. There isn't anything magical about 20-mile runs, but they can be helpful mentally and physically as we get ready for the 26.2 mile distance. I have raced fast marathons after many 20-milers beforehand and equally fast with only one or two 20-milers ahead of time. I have also raced marathons well and felt very strong with no long runs of more than 16 miles. But with secondary runs of 12 miles and dozens of prior marathons I was still confident in my ability to finish strong.

The myth of the 20-mile long run means that marathon runners in general do them because they believe they have to in order to have a successful race. Most runners don't have confidence in their ability without knowing they did their 20-milers. So consider not doing 20-milers that are overly draining if your total mileage is low, secondary runs are short and its

summertime. Work on getting your head on straight and believing in yourself. Or you can move to Europe and do 30k long runs!

Source: [www.garycohenrunning.com](http://www.garycohenrunning.com) this week for my article that appears in the upcoming Nov/Dec, 2008 issue of Florida Running and Triathlon

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

Please welcome the following new members:

Judy Estill & Bob Estill, Will Gobrecht, Patsy Gobrecht, Mark Pitts, Karen LeVan, Joshua Jamison, John Griffie, III, Danielle Gettys, Karen Dumm, Edward Bender, Justin Weiss, Kate Dutrow, Melissa Page, Kathleen Brown, Zachary Brown, Dennis and Winnifred Younkin

Thanks to Soni Billet , Luci Billet and Jack Goodwin for helping with adopt a highway on Oct. 11, 2008. Next pick-up will be Jan 10, 2009 8:00 am. Call 718-2951 to volunteer.

Congratulations to Jan Workinger who ran the Baltimore Marathon on October 11, 2008 in a time of 3:41:07!

### YRRC EXECUTIVE MEETING--OCTOBER 6, 2008

\*\* Winter Series – newsletter is finished – application is on the website – sponsors are secured – Indian Rock – still a question if we can go across the gates at Regents Glenn – This is Paul Makurath’s last year for him to direct the Dover 10 miler – we would like someone to step up and direct this race

\*\* This is the 32<sup>nd</sup> year for the White Rose 5 mile run ... Clay Shaw has directed the race since it’s first run – he will be stepping down this year as director and we will be looking for someone take over

\*\* Beginners run –possibly start it in the Spring ... this was something that we did before that we should start up again –

\*\* Changes need to be made to the "Keeping Track" section of the newsletter – Bob will work with Wendy to get things current

\*\* There are no changes in merchandise

\*\* Treasures report -- The report was presented for Aug. and Sept –

\*\* For all race directors – please submit your results and photos to Julie Bear with a courtesy copy to our President to post on the website –

\*\* Other business:

--- Storage of the equipment – the water company let us store our stuff and they no longer have the room – we have to move our stuff to a different location – we have been stalling it at the barn at Bob's for a temporary storage solution – the community center in East Berlin has come forward and offered to store it for us – advantages – open 7 days a week with long hours, equipment kept in a clean – climate controlled environment – they would have someone with a checklist to let race directors in and check the equipment out and sign it back in – there would be no fee to store it there, they would want to use the equipment for a race for free – Bob said it can stay at the barn for a few more months and then we need to make a decision

\*\* Club Gear – some of the equipment is getting very tattered -- we need to start looking into updating and revamping our equipment -- some things have been donated and made for us in years past

\*\* It has been presented and approved to raise the prices of the rental of the club equipment. The changes are being made to cover our costs of maintaining the equipment, equipment repair and other race incurred expenses ... The changes will be effective January 1, 2009 and will be as follows –

Equipment include – finish boards, mile markers, chute equipment

In York County – Equipment rental - \$50

-- Timer person and chronomix and clock-- \$110

Out of County - Equipment rental - \$60

- Timer Person and all other -- \$145

Meeting ended – 8:14

## 2008/2009 Winter Series

Those long hot summer days are now behind us and a nip is in the air. That can only mean one thing – the Winter Series is on the horizon. We are gearing up for another year of fun winter running sponsored by Orthopaedic and Spine Specialists (OSS) and Ray Ricke Auto Sales. This is your opportunity to come out and enjoy scenic York County, running the hills on blustery cold mornings all for the chance to earn points. Yes, for a real runner that is fun at its best. Fun enough to bring out 500 runners last year. The 2008/2009 Winter Series offers the same great races as in previous years – eight runs in various locations and of various distances. Each race also offers a one mile run. Points are earned based on your finishing position and at the end of the eight races, awards are presented to the top finishers in each age division. Participation awards will also be presented for those who run in or participate in at least 5 races.

Race applications are currently posted on the YRRC web site and can be found at Flying Feet and various gyms and locations throughout the county. You will notice on the application that several changes have been made this year. Most of these changes have been made based on input from you, the runners. Here is what we did this year:

**Entrance Fee:** In these times of economic crisis and with prices for everything rising, we lowered the entrance fee! That's right – it's lower. However, we eliminated the single race fee. The current cost for the entire series is \$20.00, whether you run one or all eight (you can also run in the one mile runs). This is no more than you would expect to pay for a single race anywhere else – and what a bargain for eight races. We did the same for the one mile runs – for a one time fee of \$8.00 you can run in any or all of the one mile runs. You will notice that there is also no early/late registration fee. We believe in simplifying things. However, we still encourage you to register early and offer an incentive – those registering early will be treated to sponsor giveaways.

**Bibs:** You will notice two different colored bibs this year. The primary race bib can be worn in either the primary race or the one mile race. Those who register for the one mile runs will receive a different colored bib. This bib can be used only in the one mile runs. As always, only one bib will be provided for the series. Please remember to bring your bib to each of the



races. If you should forget, please check in with the series coordinators for a replacement – homemade facsimiles will not be recorded at the finish line.

**Schedule:** In response to many of you, the race schedule has been changed this year. The series will start and end earlier. The schedule was carefully designed to begin after cross country season and to end prior to track season, so high school runners can fully participate in the Winter Series. The schedule was also condensed as many felt that the series went too long. We hope that the new schedule works well for you.

**Banned Headphones/Dogs:** We are well aware of the debate on the pros/cons of using headphones while running and have heard from runners on this issue. The decision to ban both headphones and dogs from the races was not a choice on our part. Upon examination of our insurance, it was discovered that headphones and dogs are prohibited under our policy. This ban must be enforced and we ask that you cooperate with us in order to provide a safe running opportunity for all.

This is our third year as coordinators for the Winter Series. Although we have enacted a few changes, overall the series remains the same as it has been for years. We have received input from runners who travel from out of county to participate, wishing their areas offered something similar. We are fortunate that the York Road Runners along with OSS and Ray Ricke sponsor such a great opportunity for winter running. We hope that all of you – young, old, elite, novice, and everyone in between, take advantage of this and come out to join us for the 2008/2009 Winter Series.

If you have any questions or input, please feel free to contact us.

Margaret Moore - [winterseries@verizon.net](mailto:winterseries@verizon.net)  
Gretchen Walter - [runninggoddess1@yahoo.com](mailto:runninggoddess1@yahoo.com)  
Winter Series Coordinators

## HELP WANTED : RACE DIRECTOR

As Winter Series coordinators, we are greatly appreciative of the directors of the eight races that are offered. Many of them have been doing this for years, volunteering countless hours to ensure quality races. Paul Makurath, director of the Dover 10 Mile race, has indicated that this will be his final year. He has graciously offered to assist a new director next year. Giving back to the running community can be a rewarding experience, so please consider this opportunity to take over the helm of the Dover 10 Miler. And please remember to thank Paul for his years of dedication to this race and to the Winter Series. If interested, please contact Paul at (717) 652-8633. You can also contact the Winter Series coordinators Gretchen Walter [runninggoddess1@yahoo.com](mailto:runninggoddess1@yahoo.com) or Margaret Moore [winterseries@verizon.net](mailto:winterseries@verizon.net). Thank you.

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## REMEMBERING BEN

by Joe Brillhart

With Ben Hyser's passing the local running community has lost a man who was arguably the best age group winning racer of our time; and unarguably the quirkiest, most unique, friendliest runner in memory.

Ben hasn't been on the roads except with his bike for 10 years or so, so those of us who knew him as a runner consider ourselves a bit blessed in that we knew him also, and maybe above all, as a teacher for we learned things from Ben not only about running but also about life.

Here are a couple of things I remember about Ben:

I remember Ben telling me about his consciousness raising fitness epiphany. Seems Ben for many long years was in the business of running a truck fleet to distribute snack products regionally for a Hanover manufacturer. He was also an occasional or better quality control sampler of these products. Once while waiting for a light at the Square in York, he saw reflected in a store glass through the open door of his step van, his paunchy profile slumping over the wheel. This was about 1977, he was in his early forties, and his 5'6" frame had accumulated in excess 190 pounds, and he was having a bit of trouble getting about. This visual vignette Ben told me was his BINGO moment!

I remember Ben being a quick study. Within 18 months or so he was 50-60 pounds lighter and was placing and even winning his age group with increasing regularity. He had also run a sub 3 hour to qualify for Boston in the spring of '79. There were only about 4 locals heading to Beantown that year, and as this was Ben's first (and as it turned out, my last) I took it upon myself to assume a mentoring role with this older newbie. On Patriots Day, not having seen Ben since mile 3 when he wisely slowed a bit, and on the downside of the last major hill at about mile 24, I was surprised to see him on my shoulder, he cheerfully inquired as to my well being, and then to my chagrin, jauntily darted off for another PR. Ben was to run there many more times.

I remember Ben for his training habits. He was never afraid to push the envelope on legitimate things that looked promising to improve his training or racing. He was legendary for training and racing without a shirt, even on the coldest and iciest of days. Said something about how he was able to train to force increased and meaningful blood flow both to core organ and run demanding muscles.....and as he finished ahead of 90% of us, few ever questioned his rationale.

I remember that Ben also used to race a lot. A LOT!!! Two races a day and sometimes as many as 4 or 5 on a weekend were not unheard of. Although he marathoned well for a number of fall/spring years, his primary race appetite year round for was 10K or less and it was prodigious, usually winning his age group regionally, and on a few occasions first runner overall. He was the subject of numerous running articles, including at least one in Runner's World. But the best factoid I recall about Ben's training schedule was that after every, usually jam packed racing weekend at plus or minus 5 minute pace, while most of us were still using the next day to recuperate (and know that "walking down the stairs backwards" is not just a figure of speech), Ben would roll his bones out of the sack early Monday morning for his weekly 21 mile "long run". He lived south west of York near York New Salem but Bob Boyer recalls seeing Ben on a winter Monday morning trudging gamely and shirtless through the snow by the Out Door Club!

I remember Ben for his eating habits. Back in the late 70's and early 80's Club meetings were held for awhile at my office out on W. Philadelphia Street. We had a large front reception area and one evening, prior to the meeting and chatting away with my back 20 feet from the door, we noted the

strong distinct odor of garlic wafting through the room and were told Ben had arrived 30 seconds earlier. Student of The Run that he was, he had learned that garlic chemicals could help with blood cell re growth, and with the continuous demands he was placing on his system, they were proving to be his best metabolic adaptation. But supplementing the diet with garlic for Ben didn't mean the taking of the daily dainty minced cloveito that would max out most of our personal systems. His salads were topped off with a whole honking fist sized industrial strength garlic bundle! Rumor has it that on some days he had more than one of his classic lettuce head salads.

~~In any event, we should note here that this and his other above described methods were personal training choices of Bens, and their positive effects arguably lengthened his competitive running years, and neither he nor a number of others, some with medical credentials, feel these techniques contributed to his running cessation and adoption of biking in his later years. And, yes, he continued on with many of his dietary practices and maintained his weight and conditioning until his passing.~~

Lastly, I also remember Ben for being just a genuinely nice guy and sort of a life coach by example. In all the years we associated I never heard Ben make a hard or mean spirited comment about another runner, or anyone else for that matter. While a number of us have been known to do a little edgy trash talking prior to a run, and maybe even just trash a guy out of earshot after a loss, that was just not a part of Ben's life MO. ALWAYS with a smile (especially ghoulish when removing his full dentures prior to a start – “Hey, that guy with no shirt don't have teeth either!”) and a kind word or a josh with everyone near him known or not, he was a great living example of the Golden Rule. And Ben was religious. He often kept his Bible on the dash of his van, read it, and made it a central part of his life.

So Godspeed Ben. You encouraged us and taught us. The running community notes your passing and will miss you. By this time, some of us suspect you've already linked up with Pottsy to lead long run Mondays and do some speed work, and you've probably got Sue Gingrich, John Yingling, Bert Smith, Joe Mulligan, Susie Whitaker, and Dave Herlocker and some others in the pack. And Ben, we think you're all setting PR's too, but that's OK and even sort of expected, especially now that you all have wings.

**PANTHER MIDDLE SCHOOL X/C INVITATIONAL RESULTS**  
**GIRLS TEAMS**

<b>School</b>	<b>Runner</b>	<b>PLACE</b>	<b>TIME</b>
Central	Ibarra, Kelsey	1	12:41
Dover	Funk, Kara	2	13:38
York Suburban	Stewart, Tessa	3	13:40
York Suburban	Shrader, Lauren	4	13:45
Red Lion	Scharf, Naomi	5	13:52
Dallastown	Westenberger, Emily	6	14:06
New Oxford	Mack, Allison	7	14:07
York Catholic	Sitler, Rebecca	8	14:12
York Suburban	Wilt, Savannah	9	14:13
Red Land	Lorah, Hope	10	14:15
Central	Loeffelholz, Emily	11	14:15
Southern	Steines, Katie	12	14:22
Eastern	Crumling, Kirsten	13	14:24
Southern	Filsinger, Kristen	14	14:25
Red Land	Felts, Makena	15	14:29
Dallastown	Donaldson, Victoria	16	14:29
Spring Grove	Miller, Katelyn	17	14:34
Southern	Garrison, Beth	18	14:39
Red Lion	Wivell, Amanda	19	14:41
Southern	Bond, Olivia	20	14:41
York Suburban	Kowaleski, Hannah	21	14:43
Southwestern	Hoffnagle, Jenna	22	14:45
Central	Stone, Lucy	23	14:46
Southern	Fourman, Emily	24	14:46
Central	Heilman, Brooke	25	14:46
York Suburban	Gehly, Samantha	26	14:48
York Suburban	Hall, Kimmy	27	14:51
Dover	May, Brooke	28	14:53
Central	Chaetem, Naya	29	14:58
York Catholic	Kieber, Grace	30	15:01
Dover	Spaulding, Rachel	31	15:02
Southern	Amadi, Ada	32	15:03

Southern	Mummert, Cassidy	33	15:05
Red Lion	Klunk, Morgan	34	15:07
Red Land	Orwan, Katie	35	15:11
Central	Wenger, Jennifer	36	15:12
Southern	Cook, Hannah	37	15:13
Dallastown	Rothrock, Elizabeth	38	15:16
Dover	Sheridan, Paige	39	15:17
Southern	Morrison, Kate	40	15:25
York Suburban	Johnson, Liz	41	15:29
Red Lion	Myers, Amanda	42	15:32
Central	Wible, Rachel	43	15:32
York Suburban	Blythe, Anna	44	15:37
Spring Grove	Morrison, Kiah	45	15:38
Southwestern	Paradise, Madison	46	15:38
York Catholic	Starceski, Theresa	47	15:43
Dover	Herman, Maxine	48	15:44
Central	Mc Daniel, Autumn	49	15:44
Northern	Roman, Delaney	50	15:48
Red Lion	Gladfelter, Gabby	51	15:50
Red Lion	Eid, Taylor	52	15:52
York Suburban	Gunn, Helen	53	15:54
Central	Stough, Megan	54	15:56
York Suburban	Baker, Alycia	55	15:58
Spring Grove	Miller, Rebecca	56	15:59
York Catholic	Mazzur, Jessica	57	16:00
Southern	Van Luit, Carley	58	16:02
Southwestern	Spigelmyer, Amy	59	16:05
Red Lion	Hayne, Anna	60	16:08
Southwestern	Diehl, Ashley	61	16:10
Central	Nittinger, Jordan	62	16:10
York Suburban	Snyder, Briana	63	16:20
Southern	Denis, Alyssa	64	16:20
Eastern	Pennell, Kristina	65	16:23
Central	Swenor, Jenna	66	16:28
Southwestern	Arey, Holly	67	16:30

Central	Mackenzie, Brooke	68	16:33
York Catholic	Skehan, Veronica	69	16:35
Southern	Mayoryk, Mikayla	70	16:37
Southwestern	Kavanaugh, Callie	71	16:39
York Catholic	Scarpato, Sarah	72	16:40
York Catholic	Baszak, Hanna	73	16:43
Red Lion	Allman, Danielle	74	16:44
Dover	Warner, Krista	75	16:45
Dover	Crossan, Brianna	76	16:46
Dallastown	Curtis, Emma	77	16:47
Northern	Sheibley, Taylor	78	17:00
Northern	Amsrud, Morgan	79	17:00
Central	Baker, Tessa	80	17:04
Central	Frain, Meredith	81	17:16
Spring Grove	Erlemeir, Sarah	82	17:13
Central	Balanda, Alexis	83	17:16
York Surburban	Paules, Lydia	84	17:21
York Catholic	Dill, Rose	85	17:21
York Surburban	Dugan, Megan	86	17:22
Central	Heggie, Kayla	87	17:22
Dallastown	Shelly, Christina	88	17:24
York Surburban	Hoffman, Gigi	89	17:26
York Surburban	Smith, Elyse	90	17:29
Central	Snyder, Kendra	91	17:30
New Oxford	Nace, Rachael	92	17:30
Central	Cappella, Megan	93	17:32
Northern	Casey, Taryn	94	17:33
Central	Smolin, Madeline	95	17:35
New Oxford	Groft, Amanda	96	17:45
Dover	Black, Brynn	97	17:49
York Catholic	Hawk, Erin	98	17:51
Dover	Messner, Lauryn	99	17:53
Central	Bailey, Jessica	100	18:00
York Catholic	Craig, Silvia	101	18:01
Central	Richardson, Katie	102	18:01

Central	Michaels, Amelia	103	18:29
Northern	Anderson, Darby	104	18:30
Southern	Wood, Riley	105	18:33
Southwestern	Lane, Cassie	106	18:36
Eastern	McGuigan, Molly	107	18:37
Central	Luckenbaugh, Madi	108	18:40
Red Lion	Dodge, Abby	109	18:42
Central	Evanitus, Erica	110	18:43
Red Lion	Jenks, Rachel	111	18:44
York Surburban	Gotwalt, Samantha	112	18:45
Central	Learmonth, Julia	113	18:48
Central	Shellenberger, Maria	114	18:48
Central	Hartzell, Kelly	115	18:57
York Catholic	James, Emily	116	19:11
Central	Seiple, Savannah	117	19:22
Central	Snider, Alexa	118	19:37
Southern	Ferg, Jenni	119	19:37
Southern	Taylor, Emma	120	19:44
Dallastown	Walters, Lauren	121	19:51
Central	Hughes, Caroline	122	19:53
Central	Kazakos, Ashely	123	20:12
Central	Crimmins, Christine	124	20:17
York Catholic	Porter, Morgan	125	20:30
Southwestern	Gall, Kylie	126	20:23
Central	Timperio, Michaela	127	20:29
Central	Uffleman, Caitlin	128	20:31
Eastern	Geiselman, Maura	129	20:41
Southern	Martin, Katie	130	21:12
Eastern	Lang, Victoria	131	21:28
York Catholic	Givens, Lindsay	132	21:35
York Catholic	Feathers, Haley	133	21:35
Central	Gabler, Keely	134	21:56
New Oxford	Perry, Eryn	135	21:57
Central	Adams, Rebekah	136	22:06
New Oxford	Doron, Jenna	137	22:25



Southern	Reed, Julie	138	23:02
	Sollenberger,		
Eastern	Kaitlynn	139	23:07
Central	Noel, Alexis	140	23:25
Eastern	English, Nikole	141	23:25
New Oxford	Tosh, Lindsay	142	26:12
Dallastown	Claxton, Brittany	143	26:13
New Oxford	Noel, Courtney	144	26:32
York Surburban	Kottmyer, Candice	145	27:12

**PANTHER MIDDLE SCHOOL X/C INVITATIONAL RESULTS**  
**BOYS TEAMS**

<b>SCHOOL</b>	<b>RUNNER</b>	<b>PLACE</b>	<b>TIME</b>
Dallastown	Kunkowski, Cahill	1	11:59
Central	Clemens, Royce	2	11:59
Red Lion	Longnecker, Dan	3	12:43
Southern	Morrison, Patrick	4	12:43
Southern	Thomas, Jacob	5	12:44
Dover	Grandstaff, Josh	6	12:46
Red Lion	Pardoe, Josh	7	12:52
Red Lion	McCabe, Nick	8	12:57
York Catholic	Schendel, Josiah	9	13:00
York Catholic	Nguyen, Matt	10	13:02
Southwestern	Pechart, Tim	11	13:03
Southwestern	Sanders, Jaden	12	13:03
Central	Lomicky, Brett	13	13:04
Northern	Violette, Randy	14	13:04
Central	Rotell, Josh	15	13:05
Southern	Wood, Kiah	15	13:05
Central	Hoff, Connor	16	13:05
Dallastown	Brignall, Kyle	17	13:06
Red Lion	Tarleton, Brett	18	13:13
Red Lion	Pardoe, Nate	19	13:14

Southwestern	Barnhart, Austin	20	13:22
New Oxford	Smith Jude	21	13:23
Southwestern	King, Josh	22	13:25
Central	Wingert, Christian	23	13:27
Red Lion	Tressler, John	24	13:31
Dallastown	Volo, Alessandro	25	13:38
Central	Rutter, Kyle	26	13:39
Northern	Koser, Kyle	27	13:41
York Catholic	Taylor, Alex	28	13:42
Red land	Dugan, Tyler	29	13:43
Dallastown	Kinard, Jamin	30	13:44
Dallastown	Katora, Neil	31	13:45
Dover	Thomas, Kyle	32	13:45
New Oxford	Zepp, Joel	33	13:49
Red Lion	Jones, Dan	34	13:56
Dallastown	Hill, Gavin	35	13:57
Southern	Lebo, Alec	36	13:58
Central	Shope, Tucker	37	14:03
York Suburban	Hager, Robert	38	14:06
York Suburban	Siegelman, Josh	39	14:06
Dover	Heffley, Devan	40	14:07
York Suburban	Wolfe, David	41	14:11
Southwestern	Biddle, Jake	43	14:17
Red Lion	Miller, Tyler	44	14:18
Dallastown	Baker, Richard	45	14:22
Red Lion	Tressler, Matt	46	14:23
York Suburban	Hovis, Mitchell	47	14:24
Central	Gardner, Ryan	48	14:25
New Oxford	Basom, Zach	49	14:26
Northern	Kennedy, Michael	50	14:26
Northern	Armstrong, Jack	51	14:26
Dover	Miller, Cameron	52	14:28
Dallastown	Breighner, Joshua	53	14:28
Eastern	Weibley, Hunter	54	14:29
New Oxford	Phillips, Devon	55	14:29

Central	Young, Braden	56	14:31
Eastern	Eiffert, Liam	57	14:31
Central	Savage, Anthony	58	14:32
RedLion	Grady, Dakotah	59	14:32
Southern	Rivers, Jacob	60	14:33
Red Lion	Fox, Mike	61	14:34
Southwestern	Sterrett, Cole	62	14:35
Spring Grove	Liberatore, Austin	63	14:37
Dallastown	Arbittier, Jacob	64	14:37
Red Lion	Miller, Andrew	65	14:39
Northern	Sheffer, Andy	66	14:39
Southwestern	Heavel, Jordan	67	14:40
Southern	Swidor, Owen	68	14:43
Eastern	Arnsberger, David	69	14:44
Central	Smith, Jacob	70	14:48
York Catholic	Sebeck, Shane	71	14:49
Dallastown	Douglas, Seth	72	14:51
Dallastown	Miller, Timothy	73	14:52
Southwestern	Dodd, Will	74	14:52
Eastern	Barnhart, Toby	75	14:53
Central	Lerew, Bryce	76	14:55
Dover	Paz, Merlin	77	14:56
Central	Klunk, Alexander	78	14:56
Southwestern	Albin, Brandon	79	14:57
Southwestern	Stratton, Clay	80	14:58
Central	Wilson, Bradley	81	14:58
Southwestern	Myer, Quin	82	15:01
Dover	Jacobson, Stephen	83	15:01
Southern	Shelley, Zach	84	15:09
Red Land	Raup, Mitchell	85	15:13
Dover	Sidesinger, Logan	86	15:15
Central	Blaine, Richard	87	15:16
Central	Able, Kyle	88	15:16
Central	Hildebrand, Kelston	89	15:20
New Oxford	Wagner, Tom	90	15:24

Southwestern	Huff, Brandon	91	15:26
Spring Grove	Miller, Luke	92	15:29
Red Land	Ryder, Evan	93	15:32
Southern	Wells, Michael	94	15:39
Red Lion	Warner, Jared	95	15:44
York Catholic	Bellomo, Calvin	96	15:47
Dallastown	Smith, Ryan	97	15:47
Central	May, Walker	98	15:49
Northern	Yohn, Matthew	99	15:50
New Oxford	Shellenhammer, Joey	100	15:51
Southern	Prego, Alex	101	15:52
Central	Snowadski, Chris	102	15:53
Central	McDaniel, Evan	103	15:54
Red Lion	Groh, Matt	104	15:56
Red Lion	Harpel, Ben	105	15:58
Dover	Crone, Jordan	106	16:00
Southwestern	Peeling, Sean	107	16:06
Dallastown	Rudley, David	108	16:07
Northern	Stewart, Nate	109	16:15
Southwestern	Doucette, Hunter	110	16:16
York Catholic	Zinda, Leonard	111	16:17
Northern	Kline, Trevor	112	16:17
Central	Morrison, Derrick	113	16:21
Central	Ambartsumyan	114	16:22
Red Land	Diehm, Ryan	115	16:23
Spring Grove	Cavanaugh, Jason	115	16:21
Red Land	Shrieber, Scott	116	16:24
Red Lion	Allison, Canyon	117	16:25
York Catholic	Stewart, Robbie	118	16:27
Eastern	Dumczyk, Michael	120	16:29
Dallastown	Berridge, Pace	121	16:30
Red Lion	Laver, Levi	121	16:28
Northern	Kline, Trevor	122	16:31
Central	Billings, Christian	124	16:33
Southern	Orndorff, Paul	125	16:34

New Oxford	Jenkins, Tyler	126	16:35
Spring Grove	Smith, Isaac	127	16:38
Central	Wagner, Nathan	128	16:38
Dallastown	Ward, Jacob	129	16:39
Dallastown	Miller, Kole	130	16:48
New Oxford	Culp, Bryce	131	16:48
Eastern	Fureman, Steve	132	16:51
Central	Atkins, Chad	133	17:01
Central	Robinson, Jacob	134	17:03
Southwestern	Wells, Zack	135	17:04
Southern	Sergent, Jimmy	136	17:06
Red Lion	Gummo, Brett	137	17:07
New Oxford	Toomey, Chris	138	17:11
Spring Grove	Kane, Burk	139	17:14
Red Lion	Brokos, Jeremy	140	17:17
Central	Strickler, Josh	141	17:27
Red Land	Sade, Luke	141	17:25
Spring Grove	Snyder, Quinn	142	17:38
Southwestern	Holtz, Hunter	143	17:44
York Suburban	Keeney, Jacob	144	17:49
Red Land	Radic, Morgan	145	17:54
York Catholic	Nguyen, Kevin	146	17:58
Central	Wisner, Derek	147	18:14
Southwestern	White, Scott	148	18:23
Northern	Peterson, Andrew	149	18:24
York Catholic	Hirt, Matthew	150	18:25
Spring Grove	Schumacher, Jonathan	151	18:28
York Suburban	Mahkovec, Brandon	152	18:31
Central	Brenneman, Matt	153	18:32
Central	Hess, Alexander	155	18:41
York Suburban	Stein, Levi	156	19:00
Central	Templin, Trey	157	19:03
Dallastown	Gaultney, Dwight	158	19:09
York Suburban	Covert, Chris	158	19:07
Central	Kirkpatrick, Garrett	160	19:20

Red Land	Ross, Collin	161	19:32
Northern	Haley, Ben	162	19:32
Northern	Smith, Cameron	163	19:36
York Suburban	Dumars, Jake	165	21:03
Spring Grove	Worley, Keegan	166	21:24
Central	Bohlen, Mark	167	21:45
Spring Grove	Chrissomallis, Chris	167	21:43
Dallastown	Snyder, Jonathan	168	21:53

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**RACE CALENDAR – NOVEMBER 22, 2008 to MAY, 2009**

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)

**NOVEMBER 22 . . .**

- 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)
- 22 Give Thanks For Lebanon 5K/10K, 8am, Lebanon, PA, 717 273-2691 or [abecker@gshleb.org](mailto:abecker@gshleb.org), or register online at [www.Active.com](http://www.Active.com)
- 23 **DOVER 10 MILER – YRRC Winter Series #1**, 1pm, Dover Intermediate School, Dover, PA, contact Paul Makurath, 717 652-8633 (h)
- 23 Turkey Trot 5K, 1:30pm, Millersville, PA, Millersville – Pucillo Gymnasium, 717 872-4627
- 23 35<sup>th</sup> Muhlenberg Turkey Trot 5K / 10K, 11am, Laurel Run Park, Reading, PA, Karen Regenfuse, 610 929-1503 (days M-F) or [Karen@muhlenbergtwp.com](mailto:Karen@muhlenbergtwp.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 4<sup>th</sup> SMT Turkey Trot 5K, 8am, New Cumberland Borough Park, Front Street, New Cumberland, PA, Mari Lynn Dare, 717 418-4157, [smtturkeytrot@yahoo.com](mailto:smtturkeytrot@yahoo.com)
- 27 Atlanta Marathon – 7:30, Half Marathon at 7am, [www.atlantatrackclub.org](http://www.atlantatrackclub.org)
- 27 Embarq Turkey Trot 5K, 9am, Carlisle Family YMCA, Carlisle, PA, 717 243-2525, x 222 or [tpatience@carlislefamilyymca.org](mailto:tpatience@carlislefamilyymca.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)
- 30 Dirty Bird 15K Trail Run, 11am, French Creek State Park, Birdsboro, PA, Ron Horn, 610 779-2668 or [www.pretzelcitysports.com](http://www.pretzelcitysports.com) or [rhornpcs@aol.com](mailto:rhornpcs@aol.com)

### **DECEMBER, 2008**

- 6 East Shore YMCA December Dash 5K, 10am, Riverfront Park, Harrisburg, PA, 717 232-9622, [cory.smith@ymcaharrisburg.org](mailto:cory.smith@ymcaharrisburg.org)
- 7 **SPRING VALLEY 5K – YRRC Winter Series #2**, 1pm, Glen Rock, PA, (83, Exit 8), contact Tom Shepp, 717 792-3214
- 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)
- 14 Jingle Bell Run for Arthritis 5K, 1pm, Lancaster, PA, Granite Run Industrial Park, 717 397-6721
- 14 Shiver By The River Winter No Frills 5K or 10K #1, 11am, Reading, PA, Laurel Run Park, Sue Jackson, 610 779-6556 or [www.pagodapacers.com](http://www.pagodapacers.com)
- 20 **DALLASTOWN WILDCAT 10K – YRRC Winter Series #3**, 12 noon, Dallastown, PA, contact Robert Breighner, 717 244-6865 or [rbreighner@selectmedicalcorp.com](mailto:rbreighner@selectmedicalcorp.com)
- 28 Kris Kringle 5 Miler, 11am, Reading, PA, 610 413-7822 or [www.pagodapacers.com](http://www.pagodapacers.com)
- 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)
- 31 New Year's Eve 5K, 7pm, Bloomsburg Area YMCA, 570 784-0188

### **JANUARY, 2009**

- 3 **ACCOMAC 8K – YRRC Winter Series #4**, 9am, Wrightsville, PA, contact Dave Weitzel, 717 252-4544

- 11 Shiver By The River Winter No Frills 5K or 10K #2, 11am, Reading, PA, Laurel Run Park, Sue Jackson, 610 779-6556 or [www.pagodapacers.com](http://www.pagodapacers.com)
- 17 **SAGINAW 5K – YRRC Winter Series #5**, 9am, Saginaw, PA, contact Jack Goodwin, 717 600-2282
- 25 Chilly Cheeks 7.25 Mile Trail Run, 11am, Reading, PA, Ron Horn, 610 779-2668 or [www.pretzelcitysports.com](http://www.pretzelcitysports.com) or [www.pagodapacers.com](http://www.pagodapacers.com) or [rhornpcs@aol.com](mailto:rhornpcs@aol.com)

### **FEBRUARY, 2009**

- ~~7 **JACOBUS 5 MILER – YRRC Winter Series #6**, 9am, Jacobus, PA, contact Joe Myers, 717 252-1183~~
- 8 Shiver By The River Winter No Frills 5K or 10K #3, 11am, Reading, PA, Laurel Run Park, Sue Jackson, 610 779-6556 or [www.pagodapacers.com](http://www.pagodapacers.com)
- 21 **SPRINGETTSBURY 15K – YRRC Winter Series #7**, 9am, York, PA, contact Jan Workinger, 717 755-1856 or [jan.workinger@hillmangroup.com](mailto:jan.workinger@hillmangroup.com)
- 22 5<sup>th</sup> Ugly Mudder 7.25 Mile Trail Run, 11am, Reading, PA, Ron Horn, 610 779-2668 or [www.pretzelcitysports.com](http://www.pretzelcitysports.com) or [www.pagodapacers.com](http://www.pagodapacers.com) or [rhornpcs@aol.com](mailto:rhornpcs@aol.com)

### **MARCH, 2009**

- 7 19<sup>th</sup> **INDIAN ROCK 10K (on the rail trail)– YRRC Winter Series #8 (final race / awards presentations)**, 12 noon, York, PA, contact Tom / Rosa Schaffstall, cell # 717 887-9987 or home # 717 755-6806 or [tschaffstall@aol.com](mailto:tschaffstall@aol.com)  
**Note:** race will be held at same ol' place as the last 18 years – I. R. Elem. School
- 8 Shiver By The River Winter No Frills 5K or 10K #4, 11am, Reading, PA, Laurel Run Park, Sue Jackson, 610 779-6556 or [www.pagodapacers.com](http://www.pagodapacers.com), Last in the series

### **MAY, 2009**

- 31 **BOB POTTS HERITAGE RAIL TRAIL MARATHON**, 6:30am, York, PA, Sean Potts at [bobpottsmarathon@yahoo.com](mailto:bobpottsmarathon@yahoo.com) or website at [www.bobpottsmarathon.com](http://www.bobpottsmarathon.com)



# **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>**

# 2008/2009 YRRG WINTER SERIES

Orthopaedic & Spine Specialists  
1855 Powder Mill Rd, York, PA  
717-848-4800

Ricke Bros, Inc  
4449 Lincoln Hwy, York, PA  
717-755-6199

Series Coordinators: Margaret Moore 717-843-4202 [winterseries@verizon.net](mailto:winterseries@verizon.net)  
Gretchen Walter 717-542-5994 [runninggoddess1@yahoo.com](mailto:runninggoddess1@yahoo.com)

YRRG Web Site: [//www.yorkroadrunners.com](http://www.yorkroadrunners.com)

- 8 races and 8 1 mile runs
- Participants assigned a race # at their first race & are responsible to Bring & Wear the same # at all races attended.
- Awards based on a point system throughout the series. Awards presented at end of series for most accrued points in 5-year age brackets.
- Participation Awards for those who run and/or volunteer for 5 or more races.

<b>Date</b>	<b>Time</b>	<b>Race</b>	<b>Director</b>	<b>Phone</b>
Sunday 11/23/08	1pm	Dover 10 Mile	Paul Makurath	717-652-8633
Sunday 12/7/08	1pm	Spring Valley 5k	Tom Shepp	717-792-3214
Saturday 12/20/08	12noon	Dallastown Wildcat 10k	Bob Breighner	717-244-6865
Saturday 1/3/09	9am	Accomac 8K	Dave Weitzel	717-252-4544
Saturday 1/17/09	9am	Saginaw 5K	Jack Goodwin	717-600-2282
Saturday 2/7/09	9am	Jacobus 5 mile	Joe Myers	717-252-1183
Saturday 2/21/09	9am	Springettsbury 15K	Jan Workinger	717-755-1856
Saturday 3/7/09	12 Noon	Indian Rock 10K	Tom & Rosa Schaffstall	717-755-6806

**\*NOTE: - All one mile runs start 15 minutes prior to primary race time.**

**- Due to insurance liability, NO HEADPHONES/DOGS ALLOWED ON RACE COURSE**

All Winter Series Races will be held in moderately bad weather, which includes rain, snow, ice, and 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 in bad weather, check for a posting on [www.yorkroadrunners.com](http://www.yorkroadrunners.com), WGA!, or contact the race director. All postponed races will be re-scheduled for the following week on the same day & same time of the week. We reserve the right to cancel races, which are postponed more than once.

**COST:** Applications are a one-time fee of \$20.00 for any/all main races. One mile runs included in this fee.

\$8.00 for any/all 1-mile runs

\$50.00 maximum for families for any/all races

**BONUS:** Special Sponsor give-away, guaranteed to all pre-registered runners. Also given to all other runners while supply lasts.

Total Cash/Check \$ \_\_\_\_\_

In consideration of this entry being accepted to each & all of the above races, I hereby for myself, heirs, executors, & administrators waive and release any claims that I may have against the 08/09 York Winter Series, the York Road Runners Club, it's officers, directors & race sponsors & cities, boroughs, townships & 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 Age as of 11/23/08: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Parent/Guardian must sign if under 18: \_\_\_\_\_

Mail applications & payments to: YRRC-Winter Series c/o Lynn Vanhouwe ([run.fast1@comcastnet](mailto:run.fast1@comcastnet))  
4754 E. Prospect RD York, PA 17406

\_\_\_\_\_ Cut Here \_\_\_\_\_

More Details & Printable race applications will be posted on YRRC web page [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

**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 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:** Queen ST (Rt 74) South exit Go approximately 4 or 5 miles to Dallastown. Go to first traffic light (Turkey Hill on right) and turn right on Walnut ST. Stay straight on Walnut ST about ¼ mile. This road brings you behind school & to the stadium. Bear left at stadium (between stadium & school) to parking lot.

**Accomac:** PA Rt 30 east to Wrightsville exit (follow signs to Accomac Inn) left (north) on Cool Springs RD; Left (north) on Dark Hollow RD. Right (north) on Accomac RD; park near Accomac Inn parking area. PLEASE CARPOOL

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

**Jacobus:** I-83 South to exit 14 (Leader Heights); right (west) on Leader Heights RD; left (south) on George ST; follow 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; Right on Whiteford Rd, Springettsbury Park on left. (LOOK FOR SIGNS FOR RACE LOCATION)

**Indian Rock:** From George Street at York Hospital, right (west) on Country Club Rd; right on Richland Avenue, Right at light into Grumbacher parking lot.

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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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Jan Workinger  
130 Marble Ct  
York, PA 17402

**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 with Bob Weikert, 827 Locust Grove Road, York, PA 17402. Please email all requests for equipment to [yorkrunner@comcast.net](mailto:yorkrunner@comcast.net) at least two weeks in advance. Confirmation of availability will be done by return email. Bob's cell number is 891-7985.

**Prices:**

Use of club equipment:	\$50/*\$60
(Finish boards, mile markers, chute equipment)	
Fee for Chronomix, and/or clock	\$45/*\$60
Timer person:	\$65/*\$85
Race Application in Newsletter: (1 sheet, 2 sides)	
Out of County	\$30
York County Races	\$0

\* OUT OF County rates

**CLUB MERCHANDISE**

Andy Allison 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 Andy at [cycletech\\_1@comcast.net](mailto:cycletech_1@comcast.net).

**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!

