



KEEPING TRACK

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YRRC NEWSLETTER # 202 APR – MAY 2009 PRESIDENT'S MESSAGE by Jan Workinger

The YRRC conducted a study in early 2009 on the feasibility of taking the YRRC newsletter electronically to our members. For two reasons; to get the newsletter to our members more quickly, and to save money for better use. The newsletter has become very expensive over recent years to assemble, print and mail. Our printing/processing and mailings cost have risen substantially. **Good News....**the YRRC Newsletter is going **Green!** In the next newsletter I'll outline how we plan to get you the newsletter electronically. I know some of you don't have email and we'll make provisions for that.

For those of you that didn't know, Tom Schaffstall retired from the Race Calendar position on Jan. 1, 2009. Tom handled these duties for two decades. Tom did an outstanding job holding all the race news together and presented it to us in a very organized manner – Thank you Tom! Your hard work was very much appreciated.

Please welcome Bob Breighner as our new Race Calendar editor. Bob added a new feature on his 1st addition. At the top of the race calendar, Bob provided a link to other websites. This will allow you to search for races around the country or World. Below is a listing of the sites Bob will include:

York Road Races Calendar: http://www.yorkroadraces.com/info_about_races.htm
Flying Feet Calendar: <http://www.flyingfeet.com/events.htm>
Harrisburg Road Runners Calendar: <http://www.harrc.org>
Lancaster Road Runners Calendar: <http://lrrclub.org/localraces.htm>

Races to Run (Mid-Atlantic races): <http://www.races2run.com/>
Marathon Guide: <http://www.marathonguide.com/races/races.cfm>
Run the Planet: <http://www.runtheplanet.com/racesrunning/>
Runners' Advocate: <http://users.erols.com/runadvte/>

We have another change in the YRRC Officers to report. Wendy Petsch announced her resignation as V.P. Newsletter on February 2nd. The good news is Margaret Moore agreed to take over the role that same evening. I want to thank Wendy for the time she volunteered. Wendy did an outstanding job putting the newsletter together – Thanks Wendy! Please welcome Margaret as our new V.P. Newsletter.

Notice: The YRRC is looking to fill the V.P. Merchandise position. Andy Allison recently resigned from the post. Andy is getting married this Spring and is moving away from the York area. If anyone is interested in filling the post, please contact Jan Workinger at (H) 755-1856 or email at jan.workinger@hillmangroup.com

Just a reminder:

Bob Potts Heritage Rail Trail Marathon
May 31st, 2009 - 6:30am

You can sign-up on line at: bobpottsmarathon@yahoo.com or website at www.bobpottsmarathon.com

Don't miss it...the course is flat and fast – and provides you a chance to qualify for Boston! Yes, that's right, we have a Boston certified Marathon right here in York, PA! Sign up now, don't delay; the race has a registration limit.

In other News:

Clay Shaw is directing a new race on April 11th; the race is named the Crispus Attucks 4 Miler. 7:30am start. The 4-mile distance is a chance for almost everyone to record their personal best, since I can't recall too many races at this distance held in our area. The course is flat and fast. A race application is included in the newsletter.

Rumor has it Chris Young is trying to put together a trail race at Lake Redman the Sunday before Memorial Day - more information on this later.

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 YRRC meeting dates for the remainder of 2009:

April 6th; June 1st; Aug. 3rd; Oct. 5th and Dec. 7th.

Note: Unless otherwise posted on the YRRC website, all meetings will be held at:

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

YRRC Newsletter cut-off dates:

April 20th; June 15th; Aug. 17th; Oct. 19th and Dec. 21st

Run safely!

Best Regards,
Jan Workinger

*******CLUB NEWS*****CLUB NEWS*****CLUB NEWS*******

Please welcome the following new members:

Danny Jones, Jacob Jones, Hannah Jones, Cyncie White, Johnyne Schroll, Brandon Parks, Kelly Parks, Connor Parks, Austin Parks

Please congratulate the following members on their accomplishments:
Dennis Goodwin, AZ Rock 'n' Roll Marathon 4:10:46
Jennifer Forsythe, AZ Rock 'n' Roll Marathon 5:34:13
John Delozier, AZ Rock 'n' Roll Half Marathon 2:31:12 – his 1st Half
Good Job, Runners!!!

YRRC EXECUTIVE MEETING

February 2nd –

** Wendy has resigned as the VP Newsletter person – she will help until we find someone to replace her

** Merchandise is also a vacant position --- our inventory looks pretty good – everything is at Jan's house. Andy is leaving the area and can no longer help us out.

** Minutes were presented and approved –

** Denise reports we are currently at 350 members – working on getting everyone's email address

** VP Newsletter – Margaret Moore will take the roll – we need to think of what we want the newsletter for, what are our intentions, do they just want a calendar, we save \$2400 a year if we don't do a newsletter, and do a Google doc or email letters.

** Dave's treasurer's report – (Dave was absent) – reviewed the report as handed in

** Cathy Butler- is doing our tax information for us again this year..

** Clay Shaw – met with Dave Dill about canceling the White Rose race – someone came in at the last minute Ryan Myers – Patrick Hickey and agreed to take over the race --- Clay is going to help them this first year
--- They are changing the date to October 31st
--- Uncertain of the course they will use

- April 11th – will be a race for fundraiser for C.A. and the White Rose
- It will not be part of the York Hospital WellSpan series

- 4 mile race
- Also asked that everyone supports the Bob Potts Marathon – race is commemorating one of the forerunners of the road runners...

** Dan and Lynn VanHouwe

- Would like to run a JV X/C Invitational
- Tried to run a coaches challenges – PIAA nixed that
- The idea was to get our kids to run – Lynn and Dan would be the directors of the race
- It would be run like the Panther Invitational
- Sat. Oct. 10th – no rain date – boys and girls run separate
- Has PIAA approval
- Held at John Rudy
- All high school JV runners
- Would like to set this up to be an annual event
- The Road Runners will provide the timing equipment at no charge and a monetary donation.

** Bob Breighner --- our new Race Calendar Coordinator – added links to the websites for other links to other calendars –

** Brett – cross country course race series – using high school courses, not for just high school runners – alumni, etc, some challenges involved between schools and alumni; but a high school senior from the course would direct the races and could use it as part of the GEP –

** Race Trak timing is ready to be used – people are trained and we are ready to let people use our services ...

** This will be Brett’s last year as director of Double Creek – Walt Schradling will be co-director of the race this year and will be taking over for the race next

** Winter Series – Sean Potts and Amy Strayer will be doing Accomac – Dover will be run by Doug Barnett and Rob Breighner --

LOST-BUT-FOUND COLUMN FOR 2008

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 originally 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. Later, a competition of sorts took place between a few running families mainly concerning money found out and about. The most notable in the past in the competition were the VanHouwes', the Nelsons', the Moyers', and the Schaffstalls'. This year, a few more brave folks have emailed me their finds to join in the fun.

Unfortunately, Doug Moyer reported in negating his family in the competition. He wrote, "I've run so very little this year. I guess that I am officially bowing out for the year." Maybe in 2009 we can get you back, Doug! Nevertheless, it's the 7th year in a row for the other 3 running families. We want to still include Jane Nelson as being consistent. Her husband, Bill, had always found his share of the lost-but-found goodies but as you know, Bill has not been out and about. Our thoughts and prayers continue to be with you, Bill.

Before we start the countdown from #7 to #1, I do have to report on a find that is not monetary but nevertheless worthy of recognition. Tim Potts found items that are very relevant to this columnist. Being known in certain circles as "Tom the Toolman", his find was surely valuable in context to the hardware trade. It's said that Tim is sometimes referred to as the other "Tim the Toolman." Tim found an electric drill on North George Street in Emigsville, a leatherman tool on the rail trail, and a vice grips on Salem Church Road. Now that is cool! He says, "I'm still waiting to find a tool box to put them in." There are items that we find that just don't warrant messing with. Tim passed on the bikini top on Leader Heights Road but said, "I'm keeping an eye out for the owner." Great job, Tim, and keep on looking for "stuff."

Now on to the actual competition. This report will keep you in suspense since it goes from last place to first. DO NOT skip paragraphs to see the winner. That's cheating!

In 7th and last place but not less important is Jane Nelson. Actually, you'll here later in this paragraph that she should be #1 but that would not be fair to the others that report only money found. Jane wanted to report in just to show that she was not a poor loser. Since she has been doing very little walking, it was not a bad find as she reported in on her personal recessional situation. Reporting in with \$5.28 was as she said, "way below the usual amount." Not bad, Jane, so keep it up just the same. Continuing, Jane did report back in April that a few years ago Bill found a heavy 14 caret gold chain near York College. Since gold is bring a good price now, she cashed it for \$186.00. "That turned out to be a great find." Great job!

In 6th place, one of our newest recruits was Bob Breighner. He should not be discouraged with his find since it was from just one incident. He found a \$10 bill in the middle of the street about 2 blocks from his house. His total for the year is thus \$10. He reports that he had been running for 7 years and had not found anything. In a sense, he still ends up with nothing in a monetary aspect but surely comes out on top in generosity. You see, being it was a Sunday morning when he found this \$10, he said, "I felt so guilty keeping it so I put it in the offering plate at Church that morning." You're #1, Bob, for sure! By the way, thanks for taking over this columnist's duty as Race Calendar Coordinator after my 20 year span of being in some kind of position with the York Road Runners Club.

In 5th, but not last place, are Rosa and Tom Schaffstall. Our find was the 2nd most ever at \$11.98. Our PR was back in 2005 with \$23.59. We usually average about \$8.00 a year but the big number in our 19 year total is \$178.40. That buys about 2 pairs of good running shoes or maybe 3 or 4 if you get them at the fantastic prices from Greg Baum's Flying Feet Shoe Store off Mt. Rose Avenue in York. Also, please do not report us to the IRS. We DO NOT REPORT these \$ amounts. Tom's retirement business, Tom's Express Yard Work and Painting Services is doing quite well thanks to many running friends and acquaintances, and gives enough to Uncle Sam as it is. SHHHHHHHH!

In 4th place, and another new member reporting in, is Nancy Rossi-Fogle. I can't say that Nancy is bashful or shy as to why is has not come on board before, but she says that she has been collecting for a couple of years but is just now reporting in. I'll bet it's because of what she found in one incident. Her total was \$23.09. That \$20 bill she found late last fall at the corner of Kruetz Creet and Pleasant Valley Road gave her the positive jive to join us,

no doubt. She says, "I've decided to add all my yearly savings to my son's college costs." Nancy, it's going to take a lot more than that!!! Ha! Earlier, that one time find of \$9 spread out in ones was thought to be her jackpot. These \$1's were wet from a storm and spread out for about 400 meters along a fence. I hope you kept looking around for more, Nancy. Anyway, great job!

In 3rd place, Clay Shaw found \$26.71 in United States currency, we hope. I'll bet he found some \$ in other states since he and Karen travel to many places in their quest to have Karen run at least one marathon in every state. Clay met that challenge years ago as you all know. He did report finding 2 coins in Peru, 3 in Scotland, and indirectly getting from a former Club president back in 1981, Jack Beisel, a Che Guevara \$3 bill from Cuba. Great work, Clay, and good luck to you and Karen in your endeavors.

In 2nd place and an old times are reporting \$ found, are Lynn and Dan VanHouwe. Their total was \$28.56 for 2008. Lynn reports in with an excuse though, she says, "Now living in this very rural area of Delroy, now I think will leave us with very little money to pick up. More hills to run on but very little money I'm sure." Not bad, guys! Probably next year you'll not be runner up here since you'll have lived in Delroy for the entire year by then. Apparently, no big bills were found only that for 2 months they found less than \$1, 2 months of over \$1, 4 months of over \$2, 1 of over \$3, and 3 of over \$4. Can you tell Lynn is very organized and keeps good records? She's done a great job in working with the results of the Winter Series and using our newest Race Track program. Thanks, Lynn!

Finally, in 1st place and relatively new at reporting in for this column but not at collecting money found along the way, is Karen Kneuper. I'm going out on a limb here and say HER findings were \$33.70. Great job, Karen! She says, "I've had a little help from my friends with my 'road-kill' total." I know for sure Patti Stirk-Hines points out some finds but lets Karen pick it up. Needless to say, great work ladies!

Thanks for all the reports this year. Anyone wanting to join the fun can email Tom at his new address online at tschaffstall2431@comcast.net, on his cell at 717 887-9987 or at home at 717 755-6806.

Runners, Do You Know Where Your Club Is Tonight?

(Part 1 of 2)

By joebrillhart@comcast.net

This is supposed to be an Op-Ed. It's supposed to be in opposition or different from some of the pretty inert stuff you sometimes get in these pages, although I did have to promise the leadership I would try to be civil. Actually I'd like to be considered an "Agent of Change" as that's pretty popular of late, even a "Gadfly" is cool, or maybe at worst, a "Burr Under the Saddle", but my hunch is I might soon just be better known as "That Pain in the Ass." Que sera, sera!

I've asked to write this and perhaps another couple of columns in response to what seems to be a clear drift in local running circles toward a sort of bureaucratic malaise that I think is beginning to show some negative effects where the rubber meets the road, so to speak. Google up and read Mike Tymms's "Is Road Racing Going the Way of Bowling" and Toni Reavis' "Create Events That Inspire" if you want to get a better feel for this and a sense that there are others out there that also see this as a notable issue.

So how come now only a few running clubs and/or their races out there are thriving with big enthusiastic turnouts? Do they have special skills, insights or managements? How come some other clubs and races seem to be on the brink of going down the tubes, or up the flue, or wherever it is these things go to when they get in trouble?

Risking premature allegations of chickenlittleism here, I'd like to raise some questions among the membership and solicit some earnest feedback for your club officers to see if there might just be a couple of things out there that haven't gotten a lot of attention to date, but that actually might be a real indicator of our venerable clubs' vital signs and possibly promote a wellness strategy. Even though, to continue the analogy, I'm starting to feel like I'm getting ready to do CPR on something that isn't dead yet, it just has a weak breath and fading pulse, but if no alarm is soon given and followed up on, it may very well be a goner.

YRRC and some of its races are over 30 years old with some of its members a hell of a lot older than that, some approaching geezerdom and arguably

even senility. For a number of years York was a well known center of road racing activity and exporter of quality runners. Those years did conveniently coincide with road racings national popularity. Nevertheless if we're looking forward as well as at the past and not resting on our laurels or ignoring external pressures and changing realities, we should be capable of taking steps, including the mobilization of a significant younger club segment, to insure our club remains a survivor and among the active ones for another 30 plus years.

My wife says I can to be wordy and I'll accept that. What I really want to avoid is being a bloviator, and so as to deal with both and consciously promote Op-Ed underload, this will be the virginal Part 1 of a 2 part rant, raising and outlining only the following initial limited list of issues/questions. Note that with sufficient interest each topic can and might appear as the subject of its own future column. But in this issue I want to open a forum and invite some specific feed back with whatever you have on your mind and want to offer. Your officers might either choose to ignore you and continue to bask in the auras of their exalted positions, or maybe actually collectively put up a figurative finger (not THE finger which we get from most of the political class, but probably not from these folks) to read the winds of change that are upon us and make some meaningful adjustments.

1. IS ANYBODY LOOKING AT THE BIG PICTURE? Does YRRC need a by-law checkup or maybe even a constitutional convention? Some of us think our new millennium club arguably is in serious need of having its 20th century by-laws reevaluated, and part of that is for a very traditional reason. Did you know that while your club has a Board of Directors, the by-laws specify it include only current officers and functionaries? Unlike many boards it has no independent, non officer, or historically linked seats. Fully constituted boards often partially function to provide a long institutional memory, allow some outsider and non officer perspective, and provide continuity and some guidance to new officers who may on occasion struggle due to little operational experience. Some members argue that for this reason alone creation of a fuller and expanded board to function in at least an advisory capacity should be a given. What if your officers, all available past presidents, plus other and some younger members who evidence interest, would hold an initial meeting to redraft new by-laws in this regard as above, plus additional guidelines, publish a

draft, then hold an open session of members to reject, accept, or amend it?

2. **PLAYING THE CLASSIC RACE CARD?** What's up and been up with York's big races? The summer five mile (aka The Jack Horner and later the Bonton) may not appear on the 2009 calendar, the reappearance of the White Rose was dicey for a bit, and in neither case does it have only to do with the sponsors, lack of new directors, or lack of race day help. Those things are involved but there are a bunch of other race ruining predators in the shark infested currents of race management out there as well. What might increasingly difficult economic conditions have to do with local racing events and how might we plan now to adapt? Do these races have a real future or should we retire them at least for a cycle or two when they show signs of weakness? What do the 4 or 5 regional races that draw huge even sellout crowds of runners year after year do that we don't? Two other significant problematic race management obstacles for York's classic runs are noted below. Stay tuned for even more including volunteer paucity, which may or may not be a medical condition, in your next issue.

3. **IS YOUR CLUB BEING HIJACKED BY NON PROFITS AND CHARITIES?** When was the last time you ran a good race that was well organized by runners who knew what they were about, on a fun scenic carefully laid out course, got a nice premium, had full results available immediately, felt you got good value for your money, and just basked in that glow of doing a good run put on by runners for runners for the rest of the day? Been a while for you too, huh? Are your clubs' resources and strengths being sapped by a large number of well intentioned but persistent bureaucracies that view you, your club and the financial largess of the running demographic as integral tools in maintaining their financial well being? Is there some evidence that these groups either don't care, or maybe are not really interested in what should be an intrinsic club goal of putting on a good runner friendly race? Might this be another key area where your board needs to hold open session discussions?

4. **RACE POLLUTION?** Is your club also guilty of putting on too many races and runs that further clog the schedule? Some of us have a theory that most runners will only run a certain number of races a

year, and in the gestalt that translates into only X number of race per year entrants in any given population, say York County. Which may explain why race numbers dwindle as runners spread themselves in increasingly thinner layers across the expanding race spectrum. Guess why Bonton and White Rose number might be down? Doesn't YRRC have a charter obligation to use its resources and clout as a county clearinghouse to selectively encourage only races meeting certain standards and limit this racing blizzard? Don't informal weekly run together, such as from the Colonial, serve to safely siphon off and meet the needs of the "gotta do it" run addicted and allow for a planned cleaner formal race schedule?

5. **SHOULDN'T THE CLUB NEWSLETTER BE YOUR MOST VITAL RUNNING ORGAN?** Note the newsletter eats up a large (largest?) chunk of the club budget. Some members, for a couple of reasons, have been known to toss it in the circular file on arrival. Go to print deadlines have been almost 2 months in the past but now are somewhat shorter, but our printer/copier still needs a month of lead time. To his credit Prez Jan is proposing an electronic mail out, which should include snail mail on request. As a traditionalist, I like paper in the hand but am more than willing to print it off at home to save mailing cost and time. But getting the blurb out there efficiently and in timely fashion is only half the battle. The big newsletter problem isn't really delivery, its **CONTENT!** Punching delete is even easier than throwing to the basket. Note Mike Helsebecks's column provides a wonderful service and goes a long way toward keeping even the casual running community at large abreast of events and general results, but just as say Runners World doesn't mail outside its subscriber base, our newsletter should be a like type members only vehicle for the transmission of our local running nitty gritty, that really functions to bring members together periodically to focus on, and perhaps even revel in (it's ok, as long as you do it in private), the various aspects of their running commonality. In a sense, a good newsletter works as club glue. How about a page of detailed listings for out of area race results by finishers who could include maybe up to 2 sentences of commentary? How about compacted listings of **ALL** finishers of **ALL** local races with age/sex/hometown detail? How about at least one good runner story in each letter? We have some wonderfully talented tale tellers in the club, Doug Pobgee, Nancy

Rossi and Jeff Hines just to name three that come to mind, and there are lots of funny and interesting things our runners do and encounter out there. We also have an ex prez who's a professional sports photog that maybe could give us a couple of good running photos each time to put a face with that name, maybe using one in each letter with a creative runner bio. In the best of all possible worlds, if we had 2 or 3 volunteers with a journalistic bent that could give a good focused hour or two a month to writing, maybe we could be in running Pulitzer territory. Any rusty English majors out there? How about a design format techie?

None of the above is intended as just being accusatory of current club officers. Hey, there's alot of blame to go around and what is critiqued here has been going on for at least a decade or so, and finger pointing, if any, can be also done at many of us perennial non official sharpshooter types who have maybe allowed some things to slip away through lack of proper oversight and involvement.

Anyway, this hopefully will provoke some interactive discussion among the membership, and as Bob W has suggested, you're encouraged to give me some "Dear Joe" feedback (or maybe even confessionals from the running lovestorm, as long as they're lurid) for later attributable publication (or not if you so specify not to publish your name), or maybe just punch me for being such a presumptuous jerk if you catch me on the road. The goal is to provide current officers with a healthy discourse to guide club policy and perhaps even promote reasoned, reflective and, I opine, some sorely needed change.

Desperate times demand desperate action:

On October 17, 2009 The York Road Runners will be holding an

"Economic Stimulus RACE"

for the benefit of York County Food Bank. Race Director Robert Weikert and Co-Director Jan Workinger are starting their Appeal /testimony process in front of Congress along with anyone else that will listen in regards to the details of this event. So once we're successful, details of this race will be released to the Press and the Public.

What we do know is the following:

Date: October 17, 2009 "SAVE THE DATE"

Distance: To be advised, somewhere between a 5K and a 10K

Time: 8:00 AM

Location: Held within York County

Monetary cost to runners/walkers is \$ 00.00

The day of the Race each Runner/walker will receive a runners bag of which were calling

The YORK County "Plus Plus incentives bag" It will contain coupons for York County's Businesses which promote the use of those Businesses.

We will stronger encourage each runner/walker to support this event with a 10 can plus plus donation of nonperishable food which will be donated to the York County Food Bank. Monetary donations will also be accepted and also be donated to the York County Food Bank.

If you would like to be part of the Planning Committee for this New Race, please email Bob Weikert email @ yorkrunner@comcast.net

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RACE CALENDAR – MARCH 2009 to DECEMBER 2009

Contact Bob Breighner (rbreighner@selectmedicalcorp.com) for your race to be included

In addition to this listing, check out these websites for more lists of races:

- York Road Races Calendar: http://www.yorkroadraces.com/info_about_races.htm
- Flying Feet Calendar: <http://www.flyingfeet.com/events.htm>
- Harrisburg Road Runners Calendar: <http://www.harrc.org>
- Lancaster Road Runners Calendar: <http://lrrclub.org/localraces.htm>
- Races to Run (Mid-Atlantic races): <http://www.races2run.com/>
- Marathon Guide: <http://www.marathonguide.com/races/races.cfm>
- Run the Planet: <http://www.runtheplanet.com/racesrunning/>
- Runners' Advocate: <http://users.erols.com/runadvte/>

MARCH, 2009

- 7 **19th 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, home # 717 755-6806, tschaffstall@aol.com Inclement weather make-up day – March 14, 2009, 12 noon, **Note:** same location as prior years Indian Rock 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, Last in the series
- 14 **Chambersburg Half Marathon**, 9:30am, Chambersburg, PA, Chambersburg Area Middle School, <http://www.chambersburghalf.org/>
- 21 **Washington, DC National Marathon & Half Marathon**, <http://www.nationalmarathon.com/>
- 21 **Coventry Challenge 5k and 1 Mile Fun Run/Walk**, 9:00am, Coventry Christian School, Pottstown, PA. Contact Paul Fisher, 610-326-3320 or paulfisher@educatingforlife.com. Application on www.pretzelcitysports.com and www.coventrychristian.com.
- 22 **Frozen Foot Race Series #3**, 2pm, Elizabethtown College, Elizabethtown, PA, www.frozenfoot.com
- 22 **Winter's End 4.5 Miler**, 10am, Penn State Wilkes-Barre Campus, Lehman, PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c), wyoalstr@aol.com
- 29 **RACC 5k Run**, 10:00am Reading, PA Contact Ron Horn, Pretzel City Sports, 610-779-2668 or rhornpcs@aol.com. App & optional online registration is on www.pretzelcitysports.com.

APRIL, 2009

- 4 **Optimist Club of Kutztown Fools' Run Scholarship Race**, at Kutztown Fairgrounds in Kutztown, PA. 10-Mile race at 9am, 5K race at 9:05 AM. <http://www.kutztownfoolsrun.com>. Contact Don Sechler at kutztownoptimist@hotmail.com or Jason Feiertag at buzzzzzz@verizon.net.
- 11 **Crispus Attucks Education Learning Center 4 miler**, 8:00am at Springettsbury Twp Park off Williams Rd, to the Shoe House and back. Clay Shaw, 3035 Raintree Rd, York, PA 17404 sports35_photography@yahoo.com
- 11 **Mt Penn Mudfest 15k Trail Run**, 10am Reading, PA Limited to 825 entries. Contact Ron Horn, 610-779-2668 or rhornpcs@aol.com. App is on www.pagodapacers.com.
- 18 **Lady White Rose 5K**, 9am, YWCA of York, PA, contact Tara Neff, 717 845-2631 or tneff@ywcaofyork.org
- 19 **Revolutionary 5 Mile Run**, 8:30am Valley Forge Battle Field, Valley Forge, PA App is on www.RevolutionaryRun.org
- 25 **York YWCA Race Against Racism 5K**, 9am, YWCA of York, PA, contact Bernadette Green, 717 845-2631 or bgreen@ywcaofyork.org
- 25 **Josh Mottin Memorial 5K**, 1pm, John Rudy County Park, York, PA, Connie Wolfe, 717 757-1562, jlmom8288@comcast.net or <http://int.cysd.k12.pa.us/mottin>

MAY, 2009

- 3 **Cherry Blossom (Tim Thomas Mem.) 5 Miler**, 10am, Kirby Park, Wilkes-Barre, PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c), wyoalstr@aol.com
- 3 **Frederick, MD Marathon & Half Marathon**, www.frederickmarathon.org
- 3 **Reading, PA Mt Penn Youth Soccer Club Winning Kick 5k** at 9am. Contact Ron Horn, Pretzel City Sports, (610) 779-2668 or rhornpcs@aol.com. App on www.pretzelcitysports.com.
- 9 **MAC ½ Marathon and Relay**, 8am, NCR Trail at Freeland, MD, 410 453-9111 x638, nkopasek@macwellness.com
- 10 **Spring Trail 5.3 Miler**, 1pm, Frances Slocum State Park, Kingston Twp., PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c), wyoalstr@aol.com

- 16 Dark & Dirty 6.66M Nighttime Trail Run at 8pm, Reading, PA. Contact Ron Horn, Pretzel City Sports, (610) 779-2668 or rhornpcs@aol.com. App on www.pretzelcitysports.com.
- 21 Reading, PA Third Thirsty Thursday Summer Evening 5k at 7pm. Contact Ron Horn, Pretzel City Sports, (610) 779-2668 or rhornpcs@aol.com. App on www.pretzelcitysports.com
- 24 Pagoda Pacers' "Charlie Horse" Half Marathon Trail Run-13.1M Trail Run at 10am, Reading, PA. Limited to 400 entries. Contact Greg Deland, 610-796-2156, gregdeland@verizon.net. App is on www.pagodapacers.com also on www.pretzelcitysports.com
- 30 **Northeastern School District Dollars For Scholars 5K**, 9am, Northeastern High School, Manchester, PA, contact Rusty McCollum, 717 266-3644 x81709, (h) 717 872-6829, or mccolluc@nesd.k12.pa.us
- 30 Lehigh, PA 9 AM Ruff Buff Clothing Optional 7k Trail Run at 9am. Contact Sue Butts, buttsarunnin@aol.com, www.nudist5k.com, www.pretzelcitysports.com
- 30 Pleasantville Covered Bridge Festival 6k Run, Oley, PA at 8am. Contact Ron Horn, Pretzel City Sports, (610) 779-2668 or rhornpcs@aol.com App on www.pretzelcitysports.com
- 31 Reading, PA RiverPlace Run 5k at 9am, Contact Ron Horn, Pretzel City Sports, (610) 779-2668 or rhornpcs@aol.com. App on www.pretzelcitysports.com
- 31 **BOB POTTS HERITAGE RAIL TRAIL MARATHON**, 6:30am, York, PA, Sean Potts at bobpottsmarathon@yahoo.com or website at www.bobpottsmarathon.com

JUNE, 2009

- 6 **Run for Sight 5K**, 9am, Naylor's Vineyard, Stewartstown, PA, contact Don Scarborough, 717 993-6942 or 717 993-6846 (w)
- 6 **Memorial Hospital Ladies 5K** (walkers encouraged), 9am, York Surgical Center, York, PA, Krista Darr, kdarr@mtb.com
- 6 Wissahickon 10k Trail Classic, Fairmont Park, Philadelphia, PA 10 A.M. Contact Suzanne 215-951-0330 X2101, www.wissahickontrailclassic.org. App on www.pretzelcitysports.com
- 18 Reading, PA Third Thirsty Thursday Summer Evening 5k at 7pm. Contact Ron Horn, Pretzel City Sports, (610) 779-2668 or rhornpcs@aol.com. App on www.pretzelcitysports.com
- 20 **Double Creek Runs (Half Marathon, 7am / 5K, 9:30am)**, Dover, PA, Brett Pfeifer, bpfeiger@welspan.net or www.doublecreek.org
- 20 **Double Creek Bike Tours (30 / 62 Miles)**, 7:30am, Dover, PA, contact Brett Pfeifer, bpfeiger@welspan.net or www.doublecreek.org
- 27 **York Habitat for Humanity 5K**, 8:30am, Dover, PA (Allen Lane), contact Shanna Weist at shanna@rayac.com or 717-880-1230 or call the Habitat office at 717-854-6168.
- 28 **York YWCA Lady Sprint Triathlon**, 8am, YWCA of York, PA, Tara Neff, 717 845-2631 or Tneff@ywcaofyork.org
- 28 Double Trouble 15k & 30k Trail Run, French Creek State Park, Reading, PA. 10:00 A.M. Contact Ron Horn, (610) 779-2668 or rhornpcs@aol.com App on www.pretzelcitysports.com

JULY, 2009

- 16 Reading, PA Third Thirsty Thursday Summer Evening 5k at 7pm. Contact Ron Horn, Pretzel City Sports, (610) 779-2668 or rhornpcs@aol.com App on www.pretzelcitysports.com
- 18 **East Berlin Summerfest 5K**, 8am, East Berlin, PA, 717 299-8848 or Pat and Ken Young, 717 259-0434 (pm) or www.YHRunningSeries.com
- 26 **Summer 10K**, 9am, Kirby Park, Wilkes-Barre, PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c), wyovalstr@aol.com

AUGUST, 2009

- 16 "Half Wit Half" Marathon 13.1M Trail Run, 9 A.M., Reading, PA Contact Ron Horn, Pretzel City Sports (610) 779-2668 or rhornpcs@aol.com. App www.pretzelcitysports.com
- 22 **York Rail Trail 10 Miler**, 8am, York, PA, Jim Poster, 717 846-6589, jposter@thearcofyorkcounty.org

SEPTEMBER, 2009

- 21 **Panther Invitational** – Middle School Cross Country meet at Central York High School at 4pm. Contact Robert Weikert @ 717-891-7985 or email yorkrunner@comcast.net (Rain date Sept. 28th)
- 26 **Springettsbury 5K – "Saturday in the Park."** 10:45am, Fun Run at 10:30am, NOTE: Rain or shine, David Wendel, Township Parks & Recreation, dwendel@springettsbury.com or 717 505-0406
- 26 **Southern Branch YMCA Sprint Triathlon**, 8am, Shrewsbury, PA, R. Shinnick, 717 235-0446 x31 or rshinnick@comcast.net Note: No race day entry

OCTOBER, 2009

- ?? **JV XC Invitational 5K**, date and time to be determined. Contact Dan and Lynn Van Howe.
- 10 **Dr. Segro Memorial 5K**, 9am, Red Lion, PA, RLASD Junior High, Katy Grenewalt, 717-246-1611 ext 2 or 717-586-6396 or grenewalk@rlasd.k12.pa.us
- 25 **Partners in the Park 5K**, 2pm, Rocky Ridge County Park, York, PA, Hal Darr, 717 741-3693
- 25 **Fall Trail 5.5 Miler**, 1pm, Frances Slocum State Park, Kingston Twp., PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c), wyovalstr@aol.com
- 31 **York White Rose 5 Miler**, York, PA, race director and event TBA,

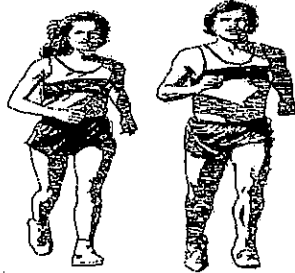
NOVEMBER, 2009

- 8 **Zachary Clouser & Jeremy Wildasin Memorial 5K + 1 Mile Walk**, 2pm, Dover Area H. S., Dover, PA, contact Brett Pfeifer, 717 292-7878, brettpfeifer@yahoo.com,
- 26 **YMCA Turkey Trot 5K**, 9am, York, PA, Karen Ruppert, 717 843-7884 x263 or 717 292-5622 or kruppert@yorkcoymca.org

DECEMBER, 2009

- 31 **Double Deuce 2 Miler**, 11:45pm, Red Lion, PA, Bob Breighner, 717 244-6865 or Ray Ricke, 717 755-6199 or rickebrosauto@yahoo.com

The First
Bob Potts Heritage Rail Trail Marathon & 5K
May 31, 2009



<http://www.bobpottsmarathon.com>

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, various triathlons, and thousands of local and national road races. Bob passed away two years ago at the age of 69 while participating in a triathlon in Avalon, NJ.

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.

Events:

6:30 a.m. – Marathon
7:00 a.m. – 5K

Where?

The race will start at the Grumbacher Center on the campus of York College. The race will start on the city streets and log most of the miles on the Heritage Rail Trail. The course is out and back and will finish at the Grumbacher Center.

Course

Most of the marathon course will be run on the beautiful Heritage Rail Trail, a fast and flat surface. The 5K will also be on the Heritage Rail Trail.

The Cause

The proceeds from this marathon and 5K will benefit the Bob Potts Scholarship Fund and the Heritage Rail Trail.

Other Notes

- Chip timing will be used for accuracy.
- Expect temperatures in the mid 70's. It could be a warm day at this time, so be prepared.
- The course will be certified.
- A technical running shirt will be given to registered runners.
- All runners will receive a special medal.
- Water stations approximately every two miles.
- There will be no race day registration!
- Packets will be available to be picked up from 6:00-8:00 pm at the Grumbacher Center on May 30. Packets will be available on race day, but we highly suggest that you pick up the packet the day before.

* Register at **active.com**. A link is provided at <http://www.bobpottsmarathon.com>
You can direct any questions to Sean Potts at: bobpottsmarathon@yahoo.com

<http://www.bobpottsmarathon.com>

**** Spaces are filling fast -- register NOW!**

When: Sunday, May 31, 2009, Marathon starts at 6:30 a.m. sharp; 5K starts at 7:00 a.m. sharp

Where: Grumbacher Center @ York College – most of the course is on the Heritage Rail Trail

Cost: \$50.00 – Marathon – Pre-registered postmarked by April 15; \$60 after April 15
Cost \$15.00 - 5K – Pre-registered postmarked by April 15; \$20 after April 15; \$10 for students

Packet Pickup – 2:00-7:00 pm. May 30 at the **Yorktowne Hotel**, Downtown York or morning of race at Grumbacher Center.

Course: Flat and fast on the Heritage Rail Trail

Age Groups:

Marathon - 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-over

Clydesdale Division – Men 180 lbs. and over Philly Division – Women 150 lbs. and over

5K – 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74
75-over

Awards: Top male and female overall and first three in each age group.

Mail completed application and check payable to:

Bob Potts Marathon
c/o Robin Potts Myers
1095 Roth Church Rd.
Spring Grove, PA 17362

Shirt Size: XL L M S

Marathon **5k**

Your E-mail _____ Phone # _____

Name _____ []M [] F Birth Date __/__/__ Age race day _____

Address _____ City _____ State _____ Zip _____

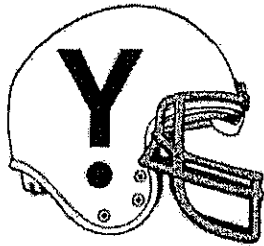
Waiver: I know that a running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, dehydration, traffic, ice and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of York; The York Road Runners, York County Parks, all sponsors, Race Directors, their agents, servants and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any other record of this event for any legitimate purpose. Roller Blades, Baby Joggers, Headphones, Animals are prohibited from participating in this race.

Signature _____ (if under 18, signature of parent or legal guardian.)

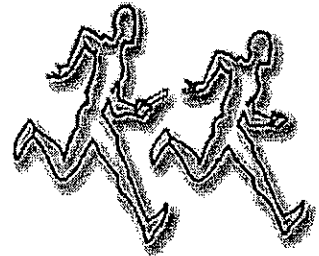
If you do leave the race without returning your chip, you will be billed \$20. To avoid this charge, please return the chip.

Quarterback Club of York 5K

PROUD MEMBER OF THE YORK HOSPITAL RUNNING SERIES



Labor Day
Monday, September 7th, 2009
8:30 a.m.



All proceeds go to:
Quarterback Club of York, Inc.
 Contributions of over \$210,000 to various youth oriented charitable organizations and scholarships.

Time and Place: 8:30 a.m. Sovereign Bank Stadium, 5 Brooks Robinson Way, York, PA: 5k finishes inside stadium

Race Directors: Kevin Stover and Barry Biesecker

Registration Fee: \$15 without T-shirt; \$20 with T-shirt postmarked by August 29th
 Late Registration/Race Day \$25. Checks made payable to the "Quarterback Club of York"



Send Entries To: Barry Biesecker, 19 Copperwood Court, York, PA 17408

Race Information: <http://www.qbclubofyork.wikispaces.com>, qbclubofyork@comcast.net or (717) 764-0334

Packet Pick-up/Race Day Registration: Sovereign Stadium starting at 7:00 a.m.

Awards and Premiums: Open (top three male/female), Age groups (top three male/female) in the following categories: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over. Custom designed, premium T-shirts for pre-registered runners.

Proceeds: Benefiting scholarships for York County student athletes

Post Race Party: York Elks Lodge, 223 North George Street

Sponsors

- Dale E. Anstine -

York Hospital - M & Z Anodizing - John Ogden for Judge - Drayer Physical Therapy

FIRST NAME		LAST NAME		
STREET ADDRESS		CITY	STATE	ZIP
PHONE	BIRTHDATE month * day year	AGE (ON RACE DAY)	GENDER <input type="checkbox"/> M <input type="checkbox"/> F	
SHIRT SIZE <input type="checkbox"/> small <input type="checkbox"/> medium <input type="checkbox"/> large <input type="checkbox"/> X-Large		EMAIL		

Waiver - Please read and sign. If under 18, parent or guardian must sign.

I know that running a road race is a potentially hazardous activity and I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Quarterback Club of York, Inc. the York Revolution, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event or careless on the part of the persons named in this waiver.

Signature

Date

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

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

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 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

Club gear is always for sale. Check out the new items at www.yorkroadrunners.com. Available are baseball caps, and much more. The ever popular YORK logo singlets may be purchased at Greg Baum's Flying Feet. If you have any ideas about what gear you'd like to see offered through the club, please contact

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.

Dues:	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!

