



## KEEPING TRACK

- President** Jan Workinger H:755-1856 Jan.Workinger@hillmangroup.com  
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✓**VP-Merchandise** This could be you!  
**VP-Newsletter** Margaret Moore mgmrun@verizon.net  
**VP-Race/Activities Development** Brett Pfeifer H: 292-7878 brettspfleiger@yahoo.com  
✓**Treasurer** Dave Tushingam H:637-7760 ddtushingam@embarqmail.com  
**Secretary** Amy Strayer cell:717-855-0406 teacherags@ddogcom.net  
✓**Membership Data Coord:** Robert Weikert H:755-1286 yorkrunner@comcast.net  
✓**Race Calendar Coord.** Robert Breighner H: 244-6865 5breighners@comcast.net  
✓**Web Master** Julie Bear H: 755-0419 rescuemal@aol.com

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

## YRRC NEWSLETTER # 204 AUGUST – SEPTEMBER 2009 PRESIDENT'S MESSAGE by Jan Workinger

This is just in.....Caffeine boosts stamina (*source: Runnersworld*)  
According to British researchers, fit athletes who eat an energy bar containing 100 milligrams of caffeine (about one cup of coffee) can train 27 percent longer than those who have a bar without caffeine. But stick to 100 mg – having more caffeine than that can cause gastrointestinal issues. So.....when you see Les Bell drinking coffee before a race, he knows what he's doing - that might explain his awesome times recently – way to go Les!

### Some important dates to mark in your calendar for 2009 are:

The YRRC picnic date is Saturday, August 15th and will be held at the Catfish Pavilion at the Lake Redman Boat Launch Area of William Kain County Park in Jacobus. Lunch will be served starting at 11:00 a.m. and will end at 3:00 p.m. All food and drinks provided by the YRRC. We're working on providing games and some fun events for kids. Please mark your calendar!!

The Country Run will be held on Monday, August 31<sup>st</sup> at the York Water Company Employee Center on Hess Farm Road at 5:45p.m. Trails are open if interested; of course the roads are still an option – beware of increasing traffic and no shoulders on which to run. Also, don't forget to bring swimsuits for swimming in the pool afterward! Please bring a covered dish to share. The club will provide burgers & hot dogs and beverages.

The date for the 2009 Panther Invitational is finalized....September 21st (Monday) and a Rain date of September 28th (Monday). Bob Weikert is once again "spear-heading" the event. If you would like to volunteer, please contact Bob at [yorkrunner@comcast.net](mailto:yorkrunner@comcast.net) or cell: 717-891-7985.

***Desperate times demand desperate action:***

On Saturday, 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:** Saturday, 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.....TBD

Monetary cost to runners/walkers is \$ 0.00 (free)

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 strongly 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](mailto:yorkrunner@comcast.net)

**In other News:**

The YRRC is looking to fill the V.P. Merchandise position. If anyone is interested in filling the post, please contact Jan Workinger at (H) 755-1856 or email at [jan.workinger@hillmangroup.com](mailto:jan.workinger@hillmangroup.com)

**YRRC Newsletter cut-off dates:**

Aug. 17th; Oct.19th and Dec. 21st

**Below is the YRRC meeting dates for the remainder of 2009:**

Aug. 3<sup>rd</sup>; Oct. 5<sup>th</sup> and Dec. 7<sup>th</sup>.

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 8:30pm.

**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

Run safely!

Best Regards,  
Jan Workinger

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Welcome new members:

Matthew Mayo and Patrick Zartman

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### **Bob Potts Marathon a Success**

By Sean Potts

One of the biggest sporting events to be held in York, PA happened on May 31 at the Grumbacher Center at York College. The Bob Potts Heritage Rail Trail Marathon finally put the York Community on the marathon map, drawing runners from 20 different states, India and Canada. The success of this race can be attributed to the support of the various sponsors, York Road Runners Club, York County Parks, and the numerous volunteers that came together to pull off this huge undertaking.

The morning of the race was unseasonably cool, giving the runners an unanticipated gift to start the race. At exactly 6:30am the runners started out down Jackson Street heading toward the York Heritage Rail Trail, where the majority of the race would be run. Even with 400 plus runners on the trail, there was plenty of room for the runners to spread out and ease into their pace. The first York marathon was underway!

As the race continued, the high-energy volunteers at the water stations along the route encouraged the runners. The runners were entertained by the interesting themes that were on display at the stations, and they were even treated to a few bands along the way. "Three Dollar Bill" played acoustic tunes at Serenity Station and "The Little Ivory Blues Band" rocked and rolled through Hanover Junction. Runners were seen dancing by the bands even as their muscles and joints screamed with pain.

Bob Potts, one of the founding members of the YRRC, was remembered throughout the race. Signs with Bob's picture were placed at various places on the trail, sending a much-needed dose of inspiration to the runners as they logged the miles. Potts would have been very proud of this race, and I am sure that he was watching from up above.

The day ended with runners gathering at the finish line to talk about their experience, share memories about Bob Potts, and discuss the beautiful scenery along our treasured rail trail. This was definitely a success for the running community of York, PA. We are finally on the marathon map, and we are going to stay there for a long time!

The Bob Potts Marathon Committee would like to thank everyone who supported the race over the past year. Without this tremendous amount of giving, this race would have not been possible. Runners are definitely the greatest group of people in our society, and this experience just proved this to be correct once again.

Next year, we expect to sell out quickly. 150 runners were turned away in the last few days prior to the event, so if you want to be part of this wonderful event, I encourage you to register early next year.

Runners who completed the marathon this year, will have the first chance to register for this event in late October. Then, in early November, the registration for the marathon will open to the general public. The date for the marathon is tentatively schedule for Sunday, May 23, 2010. So, pencil in this date on your calendar.

The proceeds from this event go to the York Heritage Rail Trail and the Bob Potts Scholarship Fund, which will be given out to senior cross-country runners starting in 2010.

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**Help Wanted**

Winter Series race director for Indian Rock 10-K

Tom and Rosa Schaffstall will be directing their final Indian Rock run this winter. This year will mark the 20<sup>th</sup> year Tom has directed this race. He is willing to impart all his knowledge and wisdom on an apprentice who is willing to assist this season and take over for the 2010/2011 series. This is a great opportunity for someone to step up and discover the great satisfaction of having an active role in the York Road Runners Club. Please contact Tom or Rosa at 755-6806.

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## RACE CALENDAR – JULY 2009 to DECEMBER 2009

Contact Bob Breighner ([rbreighner@selectmedicalcorp.com](mailto: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:	<a href="http://www.yorkroadraces.com/info_about_races.htm">http://www.yorkroadraces.com/info_about_races.htm</a>
Flying Feet Calendar:	<a href="http://www.flyingfeet.com/events.htm">http://www.flyingfeet.com/events.htm</a>
Harrisburg Road Runners Calendar:	<a href="http://www.harrc.org">http://www.harrc.org</a>
Lancaster Road Runners Calendar:	<a href="http://lrrclub.org/localraces.htm">http://lrrclub.org/localraces.htm</a>
Races to Run (Mid-Atlantic races):	<a href="http://www.races2run.com/">http://www.races2run.com/</a>
Marathon Guide:	<a href="http://www.marathonguide.com/races/races.cfm">http://www.marathonguide.com/races/races.cfm</a>
Run the Planet:	<a href="http://www.runtheplanet.com/racesrunning/">http://www.runtheplanet.com/racesrunning/</a>
Runners' Advocate:	<a href="http://users.erols.com/runadvte/">http://users.erols.com/runadvte/</a>
Pretzel City Sports:	<a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>

### JULY, 2009

- 4 Liberty Day 10K, 8:15am, Moul Field, W. Middle St., Hanover, PA. Contact South Penn Road Runners.
- 11 Sixth Annual Tim and Susan Cook Memorial ChambersFest One-Mile Race, 8am at the Chambersburg Memorial YMCA, 570 E. McKinley St. Contact Karen Leedy at 717-264-7101.
- 15 Millers Mutual Harrisburg Mile, 6pm, Front and Maclay Streets, Harrisburg, PA. Contact Chad Krebs at 991-9102 or [chad.krebs@ymcaharrisburg.org](mailto:chad.krebs@ymcaharrisburg.org). [www.harrisburgmile.com](http://www.harrisburgmile.com).
- 16 Third Thirsty Thursday Summer Evening 5k at 7pm at Reading, PA. Contact Ron Horn, Pretzel City Sports, (610) 779-2668 or [rhornpcs@aol.com](mailto:rhornpcs@aol.com) App on [www.pretzelcitysports.com](http://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](http://www.YHRunningSeries.com)
- 25 Lebanon Fair 5K, 9am, Lebanon Valley Fairgrounds, 80 Rocherty Road, Lebanon. Contact: George Youngs Jr. (717) 273-1760 or email [youngs67@comcast.net](mailto:youngs67@comcast.net)
- 26 Summer 10K, 9am, Kirby Park, Wilkes-Barre, PA, Vince Wojnar, 570 474-5363 (h), 570 574-6911 (c), [wyovalstr@aol.com](mailto:wyovalstr@aol.com)

### AUGUST, 2009

- 2 Sunrise Half Marathon - 6:30am at Accomac. Flyers in Newsletter and at Flying Feet
- 8 Run For The Park 5K Cross Country Challenge and 1 Mile Fun Run/Walk, 8:30am, Hanover, PA. Contact Jeff Klenk (717) 633-5361 or [jdklenk@embarqmail.com](mailto:jdklenk@embarqmail.com). Race link: [www.buildthepark.com/RunForTheParkFlyer.pdf](http://www.buildthepark.com/RunForTheParkFlyer.pdf)
- 9 Gene Gladfelter Memorial Mile – 5:30pm, Dover, PA. Call Shiloh UCC at 764-3569
- 15 Shelley Mialki Memorial 5K Run/Walk, XC Team Challenge, and 1 mile fun run – 8am at Sunset Lane Park, York, PA. Contact Tom Shepp 792-3214 or [westyorkdog@aol.com](mailto:westyorkdog@aol.com) or Tim Potts 792-9307 or [Tim.potts@crossmark.com](mailto:Tim.potts@crossmark.com). <http://www.yhrunningseries.com/WestYorkDollarsForScholar2009.pdf>
- 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](mailto:rhornpcs@aol.com). App [www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- 22 York Rail Trail 10 Miler, 8am, York, PA, Jim Poster, 717 846-6589, [jposter@thearcofyorkcounty.org](mailto:jposter@thearcofyorkcounty.org)
- 29 Servants 5K - 8:30am York (John Rudy Park) contact Erin Hinkle [erin@servants.org](mailto:erin@servants.org) or 717-378-0336. [www.servants.org](http://www.servants.org)

### SEPTEMBER, 2009

- 7 Quarterback Club of York 5K, 8:30am at Sovereign Bank Stadium, York, PA. Call 764-0334 or [qbclubofyork@comcast.net](mailto:qbclubofyork@comcast.net). App <http://www.yhrunningseries.com/QB-Club-of-York-5k-09.pdf>
- 13 Capital Blue Cross Half Marathon, 8am, City Island, Harrisburg, PA. Contact Chad Krebs at 991-9102 or [chad.krebs@ymcaharrisburg.org](mailto:chad.krebs@ymcaharrisburg.org). [www.harrisburghalf.org](http://www.harrisburghalf.org) Register online at [www.Active.com](http://www.Active.com).
- 13 Gino's Race, 9am, Codorus State Park, Hanover, PA. Duathlon 2M run, 14M bike, 2M run. Benefits ALS. Rod Young, 717-225-5257 or [RYoung7054@yahoo.com](mailto:RYoung7054@yahoo.com). Register on-line: [www.eteamz.active.com/ginosrace](http://www.eteamz.active.com/ginosrace)
- 19 Capital City Adventure Challenge, 8am, City Island, Harrisburg, PA. Teams of 3 - run, bike, canoe. Contact Chad Krebs at 991-9102 or [chad.krebs@ymcaharrisburg.org](mailto:chad.krebs@ymcaharrisburg.org). [www.capcitychallenge.com](http://www.capcitychallenge.com) Register online at [www.Active.com](http://www.Active.com).

- 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](mailto:yorkrunner@comcast.net) (Rain date Sept. 28<sup>th</sup>)
- 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](mailto: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](mailto:rshinnick@comcast.net) Note: No race day entry

**OCTOBER, 2009**

- 8 **JV XC Invitational 5K**, 5:00pm Girls; 5:30pm Boys at John Rudy Park, York. Contact Dan and Lynn Van Howe [run.fast1@comcast.net](mailto:run.fast1@comcast.net).
- 10 **Dr. Segro Memorial 5K**, 9am, Red Lion, PA, RLASD Junior High, Katy Grenewalt, 717-246-1611 ext 2 or 717-586-6396 or [grenewaltk@rlasd.k12.pa.us](mailto:grenewaltk@rlasd.k12.pa.us)
- 11 Mina Miller 5K, time TBD, York SDA Church. Contact Derek Sandstrom at [dereksandstrom@epix.net](mailto:dereksandstrom@epix.net)
- 17 **"Economic Stimulus RACE" to benefit the York County Food Bank** - 8am – in planning phases. If you would like to be part of the Planning Committee for this New Race, please email Bob Weikert @ [yorkrunner@comcast.net](mailto:yorkrunner@comcast.net). Runners will be encouraged to bring canned food items to donate.
- 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](mailto:wyovalstr@aol.com)
- 31 **York White Rose 5 Miler**, 8:30am at Sovereign Bank Stadium, York, PA, Race Directors - Patrick Hickey and Ryan Myers. [www.yorkwhiteroserun.com](http://www.yorkwhiteroserun.com)

**NOVEMBER, 2009**

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

**JANUARY, 2010**

- 9 Freezing Cold Hash Run (3 - 5 mile group trail run), 9:50am, Edison, NJ, Online registration: [www.active.com](http://www.active.com); Kenneth Vercammen, Esq, (732) 572- 0500; [kenvnjlaws@verizon.net](mailto:kenvnjlaws@verizon.net); [www.njlaws.com/FREEZING\\_COLD\\_HASH\\_RUN.htm](http://www.njlaws.com/FREEZING_COLD_HASH_RUN.htm).





West York Dollars For Scholars  
Presents The  
10<sup>TH</sup> Annual



Shelley Mialki Memorial  
5K Run / Walk

and

1 MILE Fun Run / Walk

PROUD MEMBER OF THE  
2009 YORK HOSPITAL RUNNING SERIES

&



CROSS COUNTRY  
TEAM CHALLENGE

SATURDAY  
AUGUST 15, 2009  
8:00 AM

SUNSET LANE PARK  
West Manchester Township  
York, PA

- 5K RUN/WALK - 8:00 AM
- XC CHALLENGE - 8:00 AM
- FUN RUN - After 5K

Pre-registration by August 8th

5K - \$18 (with t-shirt) \$13 (race only)

Fun Run - \$10 (with t-shirt) \$5 (race only)

Registration after August 8th  
and Race Day  
(registration starts at 6:00 a.m.)

5K - \$20 (with t-shirt) \$15 (race only)

Fun Run - \$12 (with t-shirt) \$7 (race only)

Bring \$25.00 in pledges  
And Race for FREE !!!

Please make your check payable to:  
"West York Dollars for Scholars"

Send check and entry form to:

Shelley Mialki Memorial 5K  
2751 Olde Field Drive  
York, PA 17408

Registrants will receive:

- First 200 Registrants receive a specially designed T-shirt
- A limited number of shirts may be available on race day
- Opportunity to win Door Prizes
- Refreshments

For further information contact

Tom Shepp @ 717-792-3214

[westyorkdog@aol](mailto:westyorkdog@aol)

or

Tim Potts @ 717-792-9307

[Tim.potts@crossmark.com](mailto:Tim.potts@crossmark.com)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST. \_\_\_\_\_

ZIP \_\_\_\_\_ PHONE # \_\_\_\_\_

E-MAIL \_\_\_\_\_

GENDER: M F BIRTH DATE \_\_\_\_\_

AGE on AUGUST 15, 2009 \_\_\_\_\_

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5K Fun Run

\$ \_\_\_\_\_ CASH / CK# \_\_\_\_\_

SHIRT: NONE S M L XL XXL

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CROSS COUNTRY CHALLENGE ONLY

SCHOOL DISTRICT \_\_\_\_\_

GRADE \_\_\_\_\_

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I know that 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 this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, high heat/humidity), traffic and conditions of the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the West York Area School District, West York Dollars for Scholars, West Manchester Township, M&T Bank, York Hospital and all other sponsors, their representatives, and successors for all claims of liabilities arising out of my participation in this event.

Signature: \_\_\_\_\_

Parent (if under 18) \_\_\_\_\_

*This must be signed by parent to participate !!*

**PLEASE SUPPORT OUR OTHER FINE SPONSORS**

ATHLETIC LETTERING  
2860 EASTERN BLVD.  
840-6373

JON ARNDT  
STATE FARM INSURANCE  
2055 CARLISLE RD.  
764-8588

OVERNIGHT OFFICE  
HARRISBURG, PA.  
703-3700

THE BON TON STORES, INC.

GREEN VALLEY SWIMMING POOL  
and SPORTS CLUB  
1725 POPLARS RD.  
764-2037

MARCELLO'S PIZZA  
2155 WHITE ST.  
845-9000

MEMPHIS BLUES BAR-B-Q  
2153 WHITE ST.  
846-5301

AI LAUNDROMAT  
3333 W. MARKET ST.  
792-0332

CHICK-FIL-A  
WEST MANCHESTER MALL

BIG APPLE BAGELS  
HAINES ACRES PLAZA

COCA-COLA

THE ATHLETIC CLUB of YORK  
1785 LOUCKS RD.  
764-8536

SHEETS (of SHILOH)

2009 YORK ICE CENTER

**Lots of Hardware !!**

Overall Male - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
Overall Female - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Master Men	Master Women
Men 12 and under	Women 12 and under
Men 13 - 18	Women 13 - 18
Men 19 - 24	Women 19 - 24
Men 25 - 29	Women 25 - 29
Men 30 - 34	Women 30 - 34
Men 35 - 39	Women 35 - 39
Men 40 - 44	Women 40 - 44
Men 45 - 49	Women 45 - 49
Men 50 - 54	Women 50 - 54
Men 55 - 59	Women 55 - 59
Men 60 - 64	Women 60 - 64
Men 65+	Women 65+

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WEST YORK AREA  
DOLLARS  
for SCHOLARS

2009 PRODUCE VOLUNTARY DAY

West York Dollars for Scholars  
Shelley Mialki Scholarship  
and Endowment Fund

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**DIRECTIONS**

FROM YORK  
TAKE CARLISLE RD. (RT.74) NORTH INTO  
SHILOH

TURN LEFT ON SUNSET LANE

PARK IS ABOUT 1 MILE BACK ON YOUR  
LEFT

**THE  
CROSS COUNTRY  
TEAM CHALLENGES**

5K Road Course

Cross Country Scoring  
(tiebreaker determined by team's fourth  
place finisher)

Middle school and high school brackets

Open to any athlete enrolled in middle  
or senior school for the 2008-2009 year

Each 4 member team must consist of at  
least one member of the opposite sex

Each team member must attend the same  
school district

(middle school runners must run with  
middle school members and senior high  
runners must run with senior high  
members)

(ninth graders will compete however  
their school district qualifies them)

Each member of the winning teams will  
receive a voucher for one pair of  
running shoes from



\* Prizes are subject to NCAA Division I, II, and  
III rules. Be sure! Discuss with your coach,  
school, or recruiter if you have any questions.

# The Arc of York County's 11<sup>th</sup> Annual York Rail Trail 10 Miler

Part of the York Hospital Summer Running Series

Saturday August 22, 2009 8:00 AM

[www.yhrunningseries.com](http://www.yhrunningseries.com)

[www.thearcofyorkcounty.org](http://www.thearcofyorkcounty.org)

## Benefiting the programs and services of The Arc of York County

The race starts at the Seven Valleys Fire Hall and runs 10 gentle, downhill miles *one-way* north along the scenic York County Heritage Rail Trail, passing through the oldest operational train tunnel in the nation, finishing on the Rail Trail near Princess Street in downtown York, PA.

**Glatfelter  
Insurance  
Group**

*A Tradition of Service, Founded on Trust.*

**The  
Arc**  
of York County

**Parking & Transportation-** Parking is available in Seven Valleys, but runners will need to arrange to get back to their cars after the race. Transportation will be made available from the finish area to the start area before the race only!! Anyone wishing to use this transportation that will leave at 7AM sharp needs to pre-register by August 9<sup>th</sup> to reserve a spot on the bus. Any transportation request received after Aug 9<sup>th</sup> will not be guaranteed a spot on the bus.

**Cost-** Registration costs are \$20 if received by Aug 9<sup>th</sup>, and \$25 after Aug 11<sup>th</sup> up to race day. Registration includes the official 2009 York 10-Miler short sleeve t-shirt. Shirts are guaranteed to the first 200 entrants. Race day registration will open at 7AM at the Seven Valleys Fire Hall. Checks can be made payable to: *The Arc Foundation of York County.*

**Packet Pickup-** Packet pickup will be available Friday Aug 21 at The Arc of York County, 497 Hill St, York **BEFORE 6PM.** There will be walk up registration on Friday. Race day pickup will be available at the bus departure for bus riders and at the start area for non- bus riders. Entries should be mailed to York 10 Mile, 497 Hill St, York, PA 17403.

**Directions: To the Finish:** From the north, follow I83 take exit 22 George St. follow George St south 2 miles to Princess St. Turn Right on Princess, follow 2 blocks to parking, finish 3 blocks on the left. From the South, follow I83 to exit 15 S George St. Follow George St. 3 miles to Princess. Turn left on Princess follow above. **To the start:** from I83 take exit 10 Loganville. Go west on North St Rt. 216. At stop sign turn right, North, on Main St. Follow for 1.2 miles. Turn left on Valley Rd and follow 4 miles into Seven Valleys. At T-intersection, turn right, fire hall parking 1 block on right.

For more information, please contact The Arc of York County at (717) 846-6589 or via email at [mail@thearcofyorkcounty.org](mailto:mail@thearcofyorkcounty.org).

Return completed form to: York 10-Miler, 497 Hill St, York, PA 17403

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

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Circle one- Male or Female      Age on Race Day \_\_\_\_\_      Date of Birth \_\_\_\_\_

Shirt Size:    S    M    L    XL

Bus Transportation before the race from the finish to the start required? Yes or No Not answering means no!!!

Enclosed is an additional donation of \$ \_\_\_\_\_ to support the programs and services of The Arc of York County

I realize that there is risk involved with any physical activity. In consideration of such, I agree to assume all responsibility of risk and hereby for myself and anyone associated with me release and discharge the USATF, the York Road Runners, York County Parks, York Hospital and Wellspan, The Arc of York County and any and all persons associated with the York Rail Trail 10 mile from all claims, damages and rights of action, present or future.

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

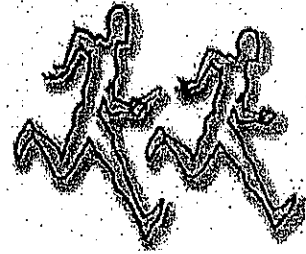
# Quarterback Club of York 5K

PROUD MEMBER OF THE YORK HOSPITAL RUNNING SERIES

**Labor Day**

**Monday, September 7<sup>th</sup>, 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 29<sup>th</sup>  
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
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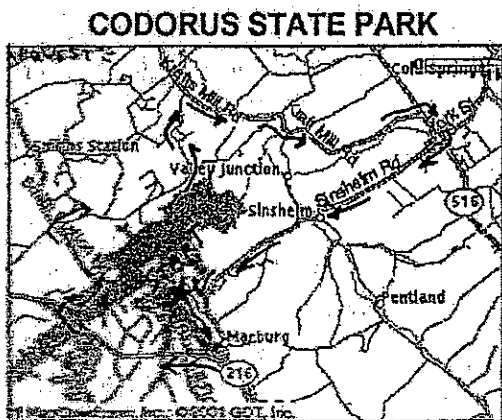
run bike run      **9th Annual GINO'S RACE**      run bike run  
DUATHLON TO BENEFIT THE ALS ASSOCIATION (Lou Gehrig's disease)

**9am, Sunday, September 13, 2009**  
**CODORUS STATE PARK, HANOVER, PA**

**ONLINE REGISTRATION POWERED BY ACTIVE.COM**

- COURSE:** 2 mile run (mostly flat), 14 mile bike, around Lake Marburg & thru the town of Jefferson, (mostly **not** flat), 2 mile run, same as the first run
- FEES:** Individuals: Pre-registered (postmarked by 07 Sept)-\$25    Race day-\$35  
                 Relays: Pre-registered (postmarked by 07 Sept)-\$45    Race day-\$60  
**RACE DAY REGISTRATION OPENS 7:30AM NEAR TRANSITION AREA**
- AWARDS:** Individuals: Overall top 3 male & female, and top 3 in each age group  
                 Relays: Top 3 overall in each category: both male, both female, & mixed
- AGE GROUPS:** Same for male & female, 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, (Individuals) 50-54, 55-59, 60-64, 65 & over.
- 2 PERSON RELAY:** 1 team member will ride bike and the other will run both legs of 2M run. There are 3 categories for relays: Male/Male, Female/Female, and Male/Female. There are no age groups for relays
- LOCATION:** Race staging area is adjacent to the Codorus State Park Band Shell (Amphitheater). The Band Shell is located in the park off Sinsheim Rd. approximately ½ mile North of US Rt. 216. US Rt. 216 (East & West) is the main highway through the park.
- ADDTL. INFO:** Contact Jon Sprenkle by e-mail at [thesprenkles@comcast.net](mailto:thesprenkles@comcast.net) or telephone (717) 792-3928, or Rod Young by e-mail at [ryoung7054@yahoo.com](mailto:ryoung7054@yahoo.com) or telephone (717) 225-5257.
- MAIL ENTRY TO:** Jon Sprenkle  
4420 Wolf's Church Rd.  
York, PA 17408

Make Check Payable To: **GINO'S RACE**



**BIKE COURSE:** Exit the parking area on the Park Service Road. Turn right onto Sinsheim Rd. Turn right onto Blooming Grove Rd (US Rt. 216 West). Turn right onto Smith Station Rd. Turn right onto Hoff Rd. Turn left onto Marburg Rd. Turn right onto Porters Rd. Porters Rd will become Kraft's Mill Rd. Turn right onto US Rt. 516 South.. Go ¼ around the square (circle) in the village of Jefferson and travel west on Hanover St. Hanover St. will become Sinsheim Rd. Turn right onto Park Service Road and return into parking area.

All proceeds from this event are being donated to the ALS Association, Greater Philadelphia Chapter in memory of Gene Gladfelter. Roads are **NOT** closed to traffic. Helmets are mandatory. Random awards will be given out after the race & prior to the awards ceremony

Visit our website at: [www.eteamz.active.com/ginosrace](http://www.eteamz.active.com/ginosrace)

# RACE REGISTRATION

Name \_\_\_\_\_

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

Phone (\_\_\_\_) \_\_\_\_\_ E-mail Address \_\_\_\_\_

Age on race day \_\_\_\_\_ Sex: M F T-Shirt Size: Med Large X-L

Relay Entries (check appropriate category) Male/Male Male/Female Female/Female

Name of Teammate \_\_\_\_\_ shirt size \_\_\_\_\_

Team Name (optional) \_\_\_\_\_

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees do hereby release and discharge all associated sponsors and organizers of all claims and damages, demands, actions whatsoever in any manner arising out of my participation in Gino's Race. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I have fully read and understood the race application, rules and information and will abide by all rules therein.

Signature (Parent's if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Teammate Signature (Parent's if under 18) \_\_\_\_\_ Date \_\_\_\_\_

ENTRY FEES	
Individuals	
Pre-Registered	\$25
<small>Postmarked By 07 Sept</small>	
Race Day	\$35
Relays	
Pre-Registered	\$45
<small>Postmarked By 07 Sept</small>	
Race Day	\$60
Make Checks Payable To:	
<b>Gino's Race</b>	
Mail To:	
<b>Jon Sprenkle</b>	
<b>4420 Wolf's Church Rd</b>	
<b>York, PA 17408</b>	

## FUND RAISING

Give Them A Reason For Hope. Get Involved.

Sponsor Name	Pledge

Total Pledge \_\_\_\_\_

Adventure Cycling & Fitness, 4370 W. Market St., York, PA 17408 will provide gift certificates to the 3 highest fund raisers. Gift certificate values will be \$75, \$50, & \$25.

Everyone is eligible to win the fund raising awards, not just race participants.

Use this form (be sure to include your name & address) and mail your collected donations to:

**The ALS Association**  
 Greater Philadelphia Chapter c/o Gino's Race  
 321 Norristown Rd. Suite 260  
 Ambler, PA 19002

The ALS Chapter will determine the 3 winners by the money they receive though 30 October 2009.



Greater Philadelphia Chapter

Enclosed is my tax-deductible contribution.

**Please make checks payable to:**

**The ALS Association**

**Please return to:**

**The ALS Association**  
 Greater Philadelphia Chapter  
 c/o Gino's Race  
 321 Norristown Rd.  
 Suite 260  
 Ambler, PA 19002

1(877) 434-7441

[www.alsphiladelphia.org](http://www.alsphiladelphia.org)

Visit our website at: [www.eteamz.active.com/ginosrace](http://www.eteamz.active.com/ginosrace)



# 25th Annual PARTNERS in the Park



MIXED COUPLES RACE

5 Kilometer (3.1 miles)



Commemorative 25<sup>th</sup> anniversary holiday ball to first 250 entrants

SPONSORED BY

Flying Feet & Ricke Bros



Wrightberry Mills, Inc

**WHEN:** Sunday, **October 25, 2009**; 2 P.M. Rain or Shine  
**WHERE:** Rocky Ridge County Park (map on back)  
**WHO:** Team consists of 1 FEMALE & 1 MALE\*  
 \*EXCEPT FATHER/SON & MOTHER/DAUGHTER  
**AWARDS:** 100 holiday balls in 5 categories with 5 age groups  
 Random Prizes

**REFRESHMENTS:** After the race

**ENTRY FEE:**  
 Commemorative long sleeve 50/50 T-shirt  
 Postmarked by Oct. 9 - \$25.00 per team with shirts  
 \$20.00 per team without shirts  
 Race day only - \$25.00 per team, no shirts

**RACE DAY REGISTRATION:** 12:30 - 1:30 pm

**ENTRY FEE INCLUDES:** Results posted on park website  
([www.yorkcountyparks.org](http://www.yorkcountyparks.org)) within 2 weeks

**PROCEEDS WILL HELP DEVELOP RUNNING TRAILS IN YORK COUNTY PARKS**

**CHECKS PAYABLE TO: York County Parks**  
**MAIL ENTRY, ENTRY FEE AND SIGNED WAIVER:**

Tammy Klunk  
 York County Parks  
 400 Mundis Race Road  
 York, PA 17406

**RACE DIRECTORS**  
 Tammy Klunk (until 5 pm) 717.840.7227  
 Hal Darr (after 5 pm) 717.741.3693  
**NEED A PARTNER? CALL US!**

**CATEGORIES:**

Married: Husband and Wife  
 Family: These groupings only: Parent/Child; Sister/Brother  
 Grandparent/Grandchild  
 Aunt/Nephew; Uncle/Niece  
 Partners: Any other FEMALE/MALE combination

**AGE GROUPS:**

Combined Ages	Married	Family	Partners
50 & Under	1 <sup>st</sup>	1 <sup>st</sup> - 3 <sup>rd</sup>	1 <sup>st</sup> - 4 <sup>th</sup>
51 - 65	1 <sup>st</sup> - 2 <sup>nd</sup>	1 <sup>st</sup> - 3 <sup>rd</sup>	1 <sup>st</sup> - 4 <sup>th</sup>
66 - 80	1 <sup>st</sup> - 3 <sup>rd</sup>	1 <sup>st</sup> - 2 <sup>nd</sup>	1 <sup>st</sup> - 4 <sup>th</sup>
81 - 100	1 <sup>st</sup> - 3 <sup>rd</sup>	1 <sup>st</sup> - 2 <sup>nd</sup>	1 <sup>st</sup> - 3 <sup>rd</sup>
101 & over	1 <sup>st</sup> - 3 <sup>rd</sup>	1 <sup>st</sup>	1 <sup>st</sup> - 3 <sup>rd</sup>
	Father/Son	Mother/Daughter	
Son under 16	1 <sup>st</sup> - 3 <sup>rd</sup>	1 <sup>st</sup> - 3 <sup>rd</sup> All ages	
Son 16 & over	1 <sup>st</sup> - 3 <sup>rd</sup>		

**PLEASE PRINT** **RACE ENTRY** **PLEASE PRINT**  
**CHECK ONE CATEGORY:** Married  Family  Partners  Father/Son  Mother/Daughter

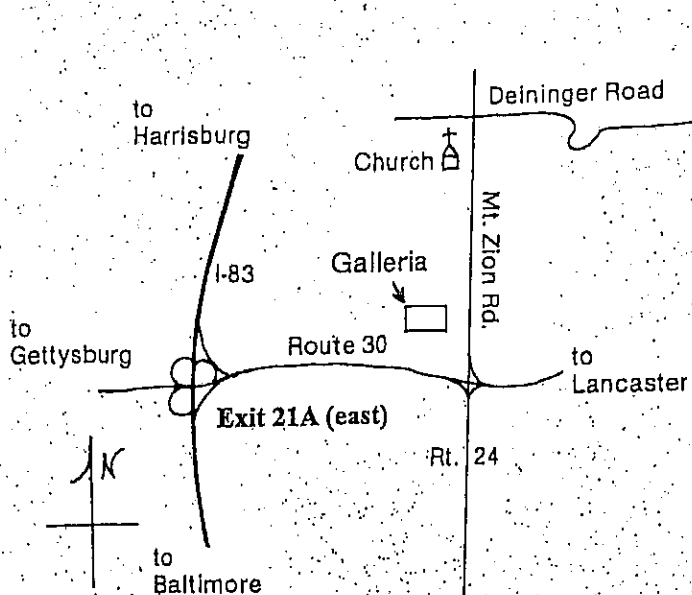
Female Name: \_\_\_\_\_ (LAST) (FIRST) (MI)

Female Address: \_\_\_\_\_  
 Number and Street or Post Office Box  
 \_\_\_\_\_ (City) (State) (Zip) Age as of race day  
 \_\_\_\_\_  
 (Telephone number) Shirt Size: S M L XL (circle one)

Male Name: \_\_\_\_\_ (LAST) (FIRST) (MI)

Male Address: \_\_\_\_\_  
 Number and Street or Post Office Box  
 \_\_\_\_\_ (City) (State) (Zip) Age as of race day  
 \_\_\_\_\_  
 (Telephone number) Shirt Size: S M L XL (circle one)

**PLEASE SIGN WAIVER ON REVERSE SIDE**



**DIRECTIONS TO  
ROCKY RIDGE  
COUNTY PARK**

From Route 30 (bypass), take Mt. Zion Road exit. Follow Route 24 North (Mt. Zion Rd.); at the top of the hill turn right on Deining Road and follow road back to park.



**IMPORTANT:**

The wheel measured course will cover approximately 2 kilometers on park road, 1 kilometer on a running/fitness trail, and the balance on park trails which may be muddy and uneven. Please dress accordingly. The course is rolling.  
RACE PACKETS WILL BE HELD FOR ONE WEEK ONLY.

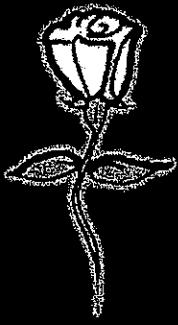
**Please READ RELEASE - BOTH SIGNATURES REQUIRED**

In consideration of the acceptance of this entry, I waive all claims for myself, my heirs, and assigns against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race. I am representing my relationship to my race partner honestly as checked. I will honor the decisions of the race directors on entry requirements and results.

I also hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast, or any other account of this event, without limitation, and without any obligation of anyone to compensate me further therefore.

SIGNATURE	DATE	PARENT'S SIGNATURE (IF UNDER 18)
SIGNATURE	DATE	PARENT'S SIGNATURE (IF UNDER 18)





# York White Rose Run

## 33<sup>rd</sup> Annual Five Mile Running Event

Saturday, October 31, 2009, 8:30 AM.

Hosted at Sovereign Bank Stadium in Historic Downtown York, Pennsylvania

Race Day Registration :: 7:00 am to 8:15 am at Sovereign Bank Stadium (North George & North Streets)

### Awards!

- Prize money will be given to the top five male and female finishers.
- Awards will be given to the winner of each age group.
- **COSTUME AWARDS:** Prizes will be given to the top male and female costumed finishers.
- Other costume awards as well as randomly picked prizes will be presented.

*The York White Rose Run is a legacy event that takes place in Historic Downtown York, Pennsylvania. The certified five mile course starts at Sovereign Bank Stadium, winds its way through the City of York, climbs to Farquhar Park, and finishes at the Brooks Robinson statue back at Sovereign Bank Stadium. For more information, please visit [www.yorkwhiteroserun.com](http://www.yorkwhiteroserun.com).*



The York White Rose Run is proud to support the Crispus Attucks Early Learning Center – a provider of quality child care in the City of York.

Since its inception in the 1930's, the mission of the Crispus Attucks Early Learning Center has been to provide the best quality child care in an environment where each child is loved and encouraged to grow physically and academically and to master life skills. The center offers quality, safe, affordable, and developmentally appropriate child care for children ages four months to twelve years and serves children from diverse ethnic, cultural, and religious backgrounds.

Today, the center serves 110 children and has recently achieved the highest score possible on an accredited program through the National Association for the Education of Young Children and a four-star rating through the PA Keystone State Program.



The York White Rose Run is part of the York Hospital Running Series.

As a community-based, not-for-profit organization, York Hospital/WellSpan Health is dedicated to improving the health and well being of the residents of York and Adams counties. Everyday, we strive to promote healthy lifestyles and life-long wellness. Regular physical exercise plays a critical role in a healthy lifestyle and provides benefits that cannot be obtained in any other way.

Awards for the York Hospital Wellspan Running Series will be presented at the conclusion of the York White Rose Run awards ceremony.



## Entry Form ::

Please make checks payable and mail to: York White Rose Run, 1480 Huntley Court, York, PA 17408

First Name :: Last Name :: Date of Birth :: / /

Street address :: City :: State :: Zip Code ::

Email address :: Phone Number :: ( ) Sex :: M / F

I know that running the York White Rose Run 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 the event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions of the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the race, its sponsors, directors, and volunteers, the City of York, Sovereign Bank, York County Economic Development Corporation, York County Industrial Authority, and York Revolution Professional Baseball Club, LLC and all their representatives and successors from all claims and liabilities of any kind arising from my participation in this event.

	Technical fiber t-shirt optional	Without Shirt	With Shirt	Shirt Size
Pre-Registration :: Before 10/17/09		\$13	\$19	S, M, L, XL
Post Registration :: After 10/17/09		\$19	\$25	S, M, L, XL

Signature ::

Co-Signature ::

(Parent / Guardian must co-sign if entrant is less than 18 years of age)

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

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

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**RENTAL OF CLUB EQUIPMENT**

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

**Chronomix, clock and timer.**

Call Flying Feet - 845-2833.

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

Wed. 10:00 AM - 6:00 PM

Sat. 9:00 AM - 5:00 PM

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

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

Equipment is now being stored 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: (Finish boards, mile markers, chute equipment)	\$50/*\$60
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](http://www.yorkroadrunners.com). Available are baseball caps, and much more. The ever popular YORK logo singlets may be purchased at Greg Baum's Flying Feet. If you have any ideas about what gear you'd like to see offered through the club, please contact Jan Workinger.

**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!

