



York Road Runners Club

www.yorkroadrunners.com

Issue 219

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President's Message

A New Years Tradition

My son Josh, now 18, and I have had a New Year's tradition of running the Double Deuce run together since Josh was in the third grade. It is something that I look forward to as a dad and a runner. Let's call it good father and son bonding. The streak of running the double deuce has been in jeopardy a couple of times in the past few years. There was the year that he broke his leg and we thought that we would not be able to participate in the event. We then decided that we would walk the two miles with Josh on crutches. Also the year that the race had to be cancelled because of ice on the roads and it was too dangerous to run. Josh and I went out earlier on New Years Eve day and ran the two miles to keep the streak alive.

This last Double Deuce streak was in great jeopardy of ending when my son came home from college on break with a severe

case on mono!!

Josh was very sick and it looked like the streak would end. My wife and also nurse told Josh and I that for him to run or even walk the race would not be a smart idea and advised us not to participate.

So we came up with plan B. In the middle of the afternoon on New Year's Eve day I would run two miles with Josh driving my car right beside me. We wished everyone that we came in contact with a very happy new year and we managed to get quite a few stares and smiles along the way. Our streak continued although slightly modified and we had the best time ever. Below is a copy of an article that Josh submitted to the YRRC newsletter after his second Double Deuce run. Enjoy !!



The Double Deuce

Ever since I was seven, I've done the Double Deuce. The Double Deuce is a two

mile run at midnight. It starts at five minutes till midnight. My dad and I do this race every year. It was very warm out, so I got overheated during the race. In the middle of the race I started to get a side stitch. At the end I got a 19:45 and I threw up twice. I think I'll go back next year.



The memories continue to provide us smiles and laughs as we remember all the fun along the way.

Consider starting a tradition of your own.

Doug Barnett

Covering the USA Olympic Marathon Trials

(And Enjoying the Texas Gulf Coast)

By Clay Shaw

Our Trip

Our trip to Texas started the weekend prior to the Trials; we took a vacation to the Gulf Coast. We traveled the entire length of the Gulf Coast, from near the Louisiana border in Port Arthur to Brownsville on the border with Mexico. We had both good and bad weather and stayed on islands for each of those five days. Our first stop was Galveston for two nights. Galveston is an interesting little city reminiscent of New Orleans. We ran along the seawall each morning. (This wall was built after the 1900 hurricane which killed 6000 residents.) We also enjoyed the historical district with its beautiful Victorian homes and an interesting shopping area. Although Hurricane Ike devastated the area in 2008, the residents have done a good job with restoration. Ten feet of seawater covered some areas for a short while, long enough to do much damage and kill many trees. In one area, a local woman organized an effort to make something of these trees by hiring tree sculptors. There are now tree stumps in the shape of herons, dogs, turtles, and even a geisha.

While staying in Galveston, we did a day trip to see the Gulf Coast Museum in Port Arthur, a great regional museum (hometown of Janis Joplin and NFL's Jimmy Johnson.) In Port Arthur's downtown, waves of economic recession and Hurricane Ike have created a nearly vacant, boarded up ghost town, possibly the worst we have ever seen anywhere in the world.

Our next stop was Port Aransas for two nights, with runs on the beach. From here on we stopped at National

Wildlife Refuges (NWRs) and other places for some incredible birding opportunities. We spent a day at the Aransas NWF checking out birds and other wildlife. Although Aransas NWR is a wonderful place, we did not have much luck there. There has been drought in the area for a year, and the day we chose to visit the refuge was the exact day that the park officials conducted a "controlled burn" and disallowed visitors from most of the park. Karen found better birding elsewhere at Goose Island, Port Aransas, and Corpus Christi.

The Texas highway system has free ferries in many places. We took one to Port Aransas and one from Galveston to Bolivar. Corpus Christi to South Padre Island was a long drive through scrublands to the Rio Grande Valley, while listening to Tejano radio stations along the way.

Our final night before Houston was on South Padre Island, with a moonlit 5AM run on the beach done wisely while it was still warm (two hours later it was 20 degrees colder and windy). We visited Laguna Atascosa NWF and headed back to Houston, a six-hour drive.

We stayed in downtown Houston, just a block off the marathon course and two blocks from the start/finish. From our 16th floor room we could see the marathon course. On the day of the marathon trials Karen shot her photos from the ground and I was on the official photo bridge at the start and finish. Since the marathoners covered the 26.2 miles in loops and the men and women were 15 minutes apart, there was great photography on the ground and on the bridge.

We had dinner with journalist friends on Thursday night and went to the

Sacramento Kings vs Houston Rockets NBA game on Friday night (1 block walk, nice.) Friday during the day, we walked the downtown part of the course with Brandon Parks and his mom to check out photo spots for Karen. (Karen had mentioned that the trials were in Houston, and Brandon, a pilot, managed to arrange his schedule to be there. Both Brandon and his mom enjoyed the experience.)

Following the trials, we met with Jeff Hill from Katy, TX who started the "50 State Sub 4" group, which I am proud to be a part of. In fact, Jeff determined that I was the first person to run a marathon in each of the 50 states, all under 4 hours. Of the thousands that have now done the states, only 22 have done all of them under four hours.

On Sunday, the regular Houston Marathon took place with lots of participants and fast times posted by the Ethiopian winners. We shot a few pictures and headed to the airport.

The Trials

First of all, Aimee Taylor and Dave Berdan deserved to be in the marathon trials. Both runners ran several worthy near-misses and have my respect for their marathoning talents and professionalism. Sometimes luck plays a part too, like the nice tailwind at the 2011 Boston Marathon. Well, maybe that luck was too good, as the winners ran so fast in the 2011 Boston Marathon that the IAAF won't recognize the world records set there.

The USA Olympic Trials were in Houston, Texas on January 14, 2012. For the first time in history the men and women ran at nearly the same time, in the same city, and on the

(Continued on page 3)

Olympic Marathon Trials *(continued)*

same course. The spectator-friendly course started in downtown Houston with a 2.2 mile loop, and then continued with three 8-mile loops to the finish. The men started at 8AM; the women started at 8:15AM. The system is pretty simple and fair; the top three men and women are the marathoners going to the London 2012 Olympics.



Meb Keflezighi now 36, who won Silver in the 2004 Olympic Marathon in Athens, won the trials in 2:09:08. Ryan Hall was second in 2:09:30, and Abdi Abdirahman held on for third in 2:09:47. Dathan Ritzenhein, who was on the 2008 Beijing team, was a close fourth in 2:09:55.



Shalane Flanagan was the women's champ in just her second marathon in 2:25:38. Desiree Davila from the Hanson's team in Michigan was second in 2:25:55. Kara Goucher was third in 2:26:06. Amy Hastings ran a courageous race but ended up in the dreaded fourth spot in 2:27:17. Deena Kastor who won bronze in Athens and broke her foot 5 kilometers

into the Beijing Olympic Marathon, was 6th in 2:30:40.



Some interesting facts: 152 women and only 85 men finished. Quite a few runners qualified by running a fast half marathon and there were several nice debut marathons. A select few track runners qualified with a fast 10,000 meter time. Rebecca Dona-gue from State College qualified that way and ran her first marathon in 2:35:57, good for 17th and first PA resident. James Carney, a PA native and now a resident of CO, finished 9th in 2:12:23, a personal best. Carney went into Millersville University's Hall of Fame last Fall, obviously the school's best professional runner ever (apologies to Greg Cauller). Jed Christiansen finished 61st. He won the White Rose 5 miler in 2010, and you may remember the fast Christiansen family from Greenville, PA, who came to the White Rose Run for many years. Max King from Bend, OR, was in my elite field at the Baltimore Marathon in 2010 where he posted his 2:15 qualifier; he bettered his PR with a 2:14:36, good for 19th at the Trials. Max is the best versatile runner around; he has made several USA XC teams, won the World's Mountain Running Race, and commonly wins ultras and trail runs. Another versatile runner is Michael Wardian from VA, who finished in 62nd place and ran the Houston Marathon the next day - a 2:21 on Saturday and a 2:31 on Sunday, quite

a double. On the women's side 21 masters runners competed.

Seven- time Olympic Trials runner and 1996 Olympian Linda Somers-Smith, now 50, and placed 28th in 2:37:36. Four- time Olympian Colleen DeReuck, now 47, placed 35th in 2:38:52. Colleen won the 2004 St. Louis trials in 2:28:25 and held the trials record until this year, when the first four women bettered that mark.



Post Script

I picked Ryan Hall, Meb Keflezighi, and Jason Hartmann in that order for the men. I guessed Shalane Flanagan, Desiree Davila, and Amy Hastings for the women. I got two right for each and was really close on the women. Many USA Marathon trials have produced upsets in the past, but not in Houston. USA marathoning is strong and marathon trial records were set by both men and women. Both races were controlled swiftness; no one charged out in front in either race, as the main contenders all ran near the front.

Clay Shaw is a long-time marathon runner and sports photographer. You can reach him at sports35_photography@yahoo.com.

YRRC Board Minutes 8/1/11

YRRC Meeting December 12, 2011

Start Time: 6:14pm

Present Board Members:

Doug Barnett - President
 Gretchen Walter - Secretary
 Hal Darr – VP Merchandise
 Brett Pfeleger – VP Race Activities Development

Non-Attending Members:

Bob Breighner – Co-President
 Kelly Parks – VP Newsletter
 Brandon Parks – Web Administrator
 Scott Newcomer – Trail Coordinator
 Karen Mitchell – Race Timing Coordinator
 Dave Tushingam – Treasurer
 Denise Tushingam – VP Membership
 Bob Weikert – Club Equipment Manager

Merchandise:

- No new news
- Not ordering any new items at present time
- Have two empty containers for use. Brett will use them
- Sold a lot of merchandise at last race

Newsletter:

- No report

Race Activities:

- No activities over the winter
- Trailer at Bob Weiner's house. It will be wrapped for the winter. Shopping for a company to wrap the trailer
- Looking for sponsor to pay for the trailer for the chip timing equipment. M&T possible sponsor
- Spoke to two groups about doing a series of track meet races
 - ◇ Brian Baum from Spring Grove will be chair for first group event
 - ◇ 1st track events at York College on June 16
 - field events at York College on June 23
 - ◇ 2nd July 14 at Spring Grove High School track and field same date
- Sponsors set up for events.... possibly YRRC
- Possible third event being planned
- Former x-country runner inquired about doing a Donut Run. YRRC could provide instructional documentation.
- YRRC set up booth at the New Year New You Health Fair on January 8

Winter Series:

- Dover had 190 runners for 10 mile race
- Spring Valley 226 Finishers for 5K race

- Dallastown does not have access to indoor facilities. Access to bathrooms in stadium. Indoor facilities were not available.

Treasurer:

- Winter Series income \$4725
- Annual Dues \$262.60
- Timing Equipment/Fees \$4001.00

Chip Timing:

- Expenditures slowing down

Trail Racing:

- Doing a Christmas Light Run on Wednesday December 21 @5:45pm, behind K-Mart on Haines Road.
- Trial Run last Sunday was run in 20 degree weather. Four people showed.
- New scheduled on website for trail runs

Web Page

- No Report

Race Calendar

- No Report

Bi-Laws

- Did not go over

New News:

- Increasing membership.
- Put paperwork in turkey trot bags or set up booth at turkey trot.
- Increase cost of Winter Series if you are not a member.
 - ◇ If pre-registered and already a member you do not need to pay \$5.
- Pay an editor to write a newsletter blog and put newsletter on line for members only
- Possibly get out in the community for a cause to get our club name out there.
- Pick an organization to sponsor. Ex: relay to clean a trail.
- Different club members pick a month to meet at their house to do a weekly club run
- Get a percentage of all YRRC events
- One hour seminar on nutrient and recovery
- Sponsor Chi Running class
- Free race/picnic summer with free beer.
- Free shirt as a new member
- Make friends that have the same passion
- Hear the experience from senior runners
- Free newsletter

Meeting Adjourned 7:37pm

YRRC Club Officers

President.....	Doug Barnett.....	dbarnett1961@comcast.net
Co-President	Bob Breighner	bobbreighner@comcast.net
Secretary	Gretchen Walter.....	runninggoddess1@yahoo.com
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Web Administrator	C. Brandon Parks	brandon@usroadrunning.com
Trail Coordinator.....	Scott Newcomer	trailmonster1@comcast.net
Newsletter Editor.....	Kelly Parks	kellypearl@gmail.com

Adopt-a-Highway

Since 1994, the York Road Runners Club has faithfully been cleaning both sides of a 2 mile stretch of Grantley Road (between Country Club Rd. and George St.). Under the careful guidance of project initiators Jack Goodwin and Scott Madison, our commitment to keep the road clean has been met.

The job can be completed by 4 people and takes only two hours of your Saturday morning. If we each take a turn, we will only have to pick up once every 20 years. Please participate if you can. Please email Bob or call at 717-244-6865 for more information.



YRRC 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 Jan Workinger.

York Road Runners Club
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